

**SPEAKER:** Finding a comfortable position, eyes open or closed as you prefer. Bringing attention to the body, witnessing the weight of the body. The space occupied by the body.

And from noticing the whole body, bringing attention now, to the region of the head. Noticing the face. The muscles of the face. Allowing them to relax. Allowing them to soften.

Becoming aware of the eyes and noticing sight. The eyes are open and noticing shapes and colors. And if my eyes are closed, noticing shades of light and dark.

Shifting the attention from the eyes to the nose. Breathing in through the nose noticing smells. Moving the attention from the nose to the ears. Becoming aware of sound.

Noticing sounds inside the room. Noticing sounds outside the room. Seeing if it's possible to just notice sound as sound without naming the sound or labeling the sound.

Shifting the attention now to the mouth. Breathing in through the mouth noticing the flow of air across the lips and the tongue and the cheeks. There's an extensive moisture within the mouth.

From the mouth moving the attention through the chin down to the neck, Through the neck and out into the shoulders. Allowing the shoulders to release and scanning the attention down into the arms.

Noticing any sensations that are arising in the upper arms down to the elbows, to the forearms, and out into the hands. Scan your attention to the arms and maybe places you notice sensations and others where there's a lack of sensation. There's no particular sensation in an area, just placing your attention there. Noticing the absence of sensations.

Moving the attention from the hands to the chest. Noticing the rise and fall of the chest with breathing in and breathing out. Noticing any sense of air moving through the airways and into the lungs from the inside of the chest.

Moving the attention from the chest into the abdomen. Noticing the rise and fall of the abdomen with breathing in and breathing out. We're becoming aware of any sensations arising from within the abdomen.

Noticing any feelings of hunger or fullness. If there are any other sensations arising from inside the abdomen.

And shifting the attention from the abdomen back up to the base of the neck, the top of the back. Increasing the attention down the spine through the upper back, the mid back, along the curve of the lower back down to the tailbone.

Becoming aware of sensations over the whole length of the spine. And from the tailbone shifting the attention out into the region of the hips And the upper legs.

Noticing the points of contact of the upper legs with the chair. Move the legs supporting the weight of the body. Moving the attention from the upper legs into the knees. Noticing any sensations arising from the knees.

Down into the lower legs. Calves, the back of the legs, and the shins and the front. Down through the ankles, out into the feet. Noticing any sensations arising from the feet.

Expanding the awareness, again, to encompass the whole body and the surface of the body, the skin largest sense organ. Becoming aware of all the different sensations arising from the skin.

Sensations with pressure from points of contact. The rustle of clothing accompanying breathing. The flow of air across exposed skin. Temperature areas of relative coolness and of warmth.

And when you're ready, shifting the attention to the sensations of breathing. Reducing the flow of air into and out of the body. For each in breath for each out breath. Resting in the awareness of breathing. Breathing in and breathing out.

I'm taking in a deep breath, allowing the lungs to fill fully. Breathing out long one to empty. Breathing in again, and opening the eyes they've been closed, as we end this meditation.