

SPEAKER: Settling in, allowing the eyes to close, if you're comfortable doing so, leaving them open if you prefer, bringing attention to the body, scanning through the body for tightness or tension, noticing the face, allowing the face and the jaw to soften, relaxing the neck, releasing the shoulders, allowing the arms and the hands to relax, letting go of any tension in the legs, settling in to being right here, right now, noticing the state of the mind.

Are there are lots of thoughts arising, maybe still thought of what might have happened earlier in the day, or perhaps thoughts of planning, Thinking about the rest of the day or other days to /

Letting go of thinking, and dropping the attention into the body, all the way down and into the feet, noticing the sensations of the feet on the floor, contact, feet with the floor, or with shoes.

Shifting the attention from the feet to the seat, noticing the weight of the body, the sit bones, and the points of contact, the backs of the leg, with the chair, paying attention to the sensations arising from the seat.

And shifting the attention from the seat to the hands, noticing the sensations arising from the hands, resting on the legs or the lap.

And expanding the awareness from the hands to include the seat and the feet, noticing any sense of feeling grounded, connected to the floor and beneath the floor to the Earth.

And paying attention to the hands, the feet, and the seat can help ground us. So paying attention now to where you feel most grounded. Instead paying attention to the feet, or to the seat, or to the hands, some other place in the body.

Where do you feel most grounded when you place your attention there? Having a place to settle the attention, where we feel grounded, can be very helpful when the mind is active. So noticing for yourself where this place, where this place of groundedness is, the place where when the mind is active, you can shift the attention, grounding the awareness in the present moment.

If you choose to, you could leave the attention focused on wherever you feel more grounded. Or you might shift the attention through the chest and the abdomen, focusing on the sensations of breathing there, noticing the rise of the chest and abdomen on breathing in and the fall on breathing out.

Paying attention to the sensations of breathing in the chest or abdomen can also be grounding. And taking in a somewhat deeper breath than usual, really noticing the rise of the abdomen as you breathe in, and the fall as you breathe out. And taking a few more somewhat deeper breaths than usual, noticing the rise and fall of the abdomen as you breathe in and out.

Then allowing the rhythm of breathing to return to normal, noticing your present moment experience now, in addition to being grounding, taking deeper abdominal breaths can also be relaxing.

And noticing the present moment experience, it's now, and choosing to a place the attention remember seems most grounding-- the feet, the seat, the hands, or perhaps the abdomen or the chest.

You might have another anchor that you usually use when meditating, perhaps sensations of breathing on the lips or the nostrils, or listening to sounds. And these are perfectly adequate anchors much of the time. But at times when the mind is particularly active, but when there may be the associated strong emotions, dropping the attention into the body, below the neck, can be helpful in bringing the attention back to the present moment.

And just noticing where that is for you now, and resting the attention there, widening the awareness now to include the whole body, taking in a deeper breath, allowing the lungs to fill, breathing out, allowing lungs to empty, breathing in again, opening the eyes, if they've been closed, as we end this meditation.