

SPEAKER: Finding a comfortable position. Allowing the eyes to close if you're comfortable doing so. Leaving them open and just gazing softly and trying to be if you prefer. Checking in with the body. Becoming aware of the overall state of the body. The body seeming relaxed. There's a tension present. Beginning by just noticing.

And then narrowing the focus and bringing attention to the face. We're allowing the face and the jaw to soften. The neck and the shoulders to release. The arms and the hands. The legs and the feet to relax. Settling in to being right here right now.

Fitting with the posture of relaxed attentiveness. Bringing attention to the feet. Noticing the sensations from the points of contact of the feet with the shoes and feet with the floor. Noticing the sensations as they arise and shift, and perhaps pass away.

Then moving the attention from the feet up through the lower legs. Knees to the upper legs. We're noticing the points of contact of the upper legs with the chair, with the cushion. Noticing the weight of the body. Noticing the flow of sensations through the upper legs.

And scanning the attention from the upper legs, look through the lower back through the upper back. Look into the shoulders, and down through the arms to the hands. Bringing awareness to the hands. Noticing the sensations. The points of contact in the hands. Sensations from an exposed skin. Noticing the awareness in the hands.

Scanning the awareness from the hands back up through the arms, through the shoulders, the neck, to the head. Becoming aware of sound. Paying attention to the sounds that may be arising through your body. And also sounds that may be more distant. Just noticing sound.

And shifting the awareness from sound in the ears to the eyes and sight. And if the eyes are closed, perhaps just opening them slightly. Gazing softly in front of you. Just becoming aware of sight. You're allowing sight to be the object of your awareness.

And if you choose to, allowing the eyes to close once again if they do choose. And shifting the attention to the nose and breathing in and out through the nose. Noticing the flow of air into and out of the body. From the nose, shifting the attention to the mouth. Allowing the lips to open, breathing in and out through the mouth. And listening to the flow of air as it moves across the lips into the mouth and throat.

Then shifting the attention from the mouth to the chest. And now following the sensations of breathing in the chest, and listening to the rise of the chest with breathing in, and the fall of the chest with breathing out.

We're allowing the attention now to move to the abdomen. And following the sensations of breathing in the abdomen rise on the in breath, and the fall on the out breath. Now placing your attention on any of these potential objects of awareness. You might choose to place the attention on part of the body and notice sensation like a sound or sight.

We're choosing a place to follow the sensations of breathing. All of these can serve as an anchor for the attention. And so just noticing which seems most natural to you, which seems to be calling your attention. You might choose to place your attention there. You might choose to try out a different spot. With placing the attention wherever you choose to now and allowing it to rest there.

And bringing awareness now to the sensations of breathing. Taking in a deep breath. Allowing the lungs to fill. Breathing out. Emptying the lungs. Breathing in again. And opening the eyes, if they've been closed, as we end this meditation.