

SPEAKER 1: All right. So, finding a comfortable position, allowing the eyes to close, if you're comfortable doing so. Leaving them open if you prefer. Bringing attention to the body, noticing the weight of the body, the space occupied by the body.

Becoming aware of tightness or tension in the body, beginning with the face and the head, allowing the face to soften and the jaw to open. Scanning down through the neck, relaxing the neck. Now do the shoulders and allowing the shoulders to release, the arms and hands to relax.

Bringing awareness to the chest and allowing the breath to flow easily into and out of the body. And the abdomen dries easily as well. Scanning down through the legs, relaxing the legs and then the feet. Settling in to being right here, right now, with a posture that's alert and upright but relaxed.

And then letting the attention settle in on the sensations of breathing, becoming aware of the flow of air into and out of the body. Choosing to place the attention wherever seems most natural. Might be the nostrils, the lips, the chest, or the abdomen.

You might find it more natural to rest the attention on other sensations from the body, the feet or the hands, or perhaps listening to sounds seems most natural. Choosing any one of these anchors is fine. Just placing the attention there and following the stream of sensations. They arrive, change, shift, perhaps pass away, arise again.

Noticing where the attention is now. If it's wandered, just gently disengaging, guiding it back to wherever you've chosen as your anchor. Once again, resting the attention there.

And from wherever you have chosen to anchor your attention, allowing the awareness to expand. Opening the awareness. So, rather than placing the attention, focusing it on one particular sensation, noticing sound, expanding the awareness. Allowing whatever arises to arise.

Not grasping anything or holding on to anything. So to expand the awareness, encompass the whole body, all of the senses. Thoughts, if they are arising. Emotions. So expanding the awareness, noticing what arises.

Practicing in this way is referred to as open awareness or choiceless awareness. If you choose to, in practicing in this way, you might label what arises in the field of awareness. And if you notice thinking, labeling the thought, and if a sound arises in the field of awareness, it's noticing sound.

Become aware of discomfort in the body, noticing sensation or discomfort. Whatever arises, we come into the field of awareness, be present for a while. It will likely pass away to be replaced by another phenomenon.

Astute awareness, allowing your experience to unfold, not grasping or holding on. And at any time, you can always return the attention to whatever you've chosen as your anchor. So I refer to it as an anchor. It's a place you can always return to to anchor the attention, if you choose.

And sitting with open awareness, allowing whatever arises to arise. Labeling it, if you choose to. We will always have the possibility of touching back into the anchor.

Sitting with open awareness and becoming aware of awareness. A state of being to which all phenomenon arise-- thoughts, feelings, bodily sensations, sensory input. Noticing the vastness of awareness and that awareness itself is not limited.

Refocusing the attention again on the sensations of breathing, narrowing the focus down. Open awareness to focused attention. Noticing the sensations of air entering the body, and they're leaving the body.

Taking in a deeper breath, allowing the lungs to fill fully, breathing out, emptying the lungs completely. Breathing in again and opening the eyes if they have been closed as we end this meditation.