

SPEAKER: So finding a comfortable position, eyes open or closed, as you prefer. Bringing attention to the body. And scanning through the body to notice if there's any tightness or tension present. And if you encounter any, just releasing or relaxing as you're able.

Softening the face, relaxing the jaw, releasing the shoulders and the hands, letting go of any other tension you encounter. Noticing the mind and the activity of the mind and allowing the mind to settle.

Not needing to push thoughts out of the mind, just not feeding them-- allowing them to be. Settling in to being right here, right now.

And bringing attention to the abdomen. And taking in a nice, long, slow, in breath. Allowing the lungs to fill fully. Noticing the rise of the abdomen. And breathing out-- a long, slow out breath. Noticing the fall of the abdomen.

And taking in a few more nice, long, slow in breaths and slow out breaths. Paying attention to the movement of the abdomen as air flows into and out of the body.

Allowing, now, the rhythm of breathing to assume its normal cadence. And continuing to pay attention to the sensations of breathing. And if you prefer, paying attention to other sensations in the body or to sound.

Resting the attention where it seems most natural for you.

Continuing to pay attention to sensations as they arise. Noticing how they may change.

Each time you notice that the mind has wandered, or it's gotten caught up in parts or has been drawn to new bodily sensations, as soon as you've noticed that it's wandered, just gently disengaging and guiding the attention back to wherever you've chosen is your anchor.

It's not good or bad that the mind wanders. It's just the mind being the mind. And each time you become aware that the attention has drifted, there's a moment of mindfulness, a moment of being aware of the activity of the mind, an opportunity to choose a [INAUDIBLE] and to start over.

Noticing where the mind is now. And if it's wandered, disengaging and guiding the attention back. And each time you start over can be useful to check in with the body, to notice if any tension or tightness has reaccumulated. And if so, to settle in once again, let go of tension as you're able.

Noticing sensations-- sensations of breathing, the sensations in the body, or sounds. And really paying attention, noticing how they may change from moment to moment.

Practicing intentional, present-moment awareness with kindness. Paying attention to each moment. And remembering to bring kindness to your experience.

Bringing attention to the sensations of breathing. Taking in a deeper breath. Allowing the lungs to fill fully.

Breathing out, emptying the lungs. Breathing in again. Opening the eyes if they've been closed as we end this meditation.