

SPEAKER: Settling in. Bringing attention to the body. Noticing the points of contact of the body with the chair, the feet with the floor. And scanning through the body for tightness or tension. If you encounter any, just releasing or relaxing. Bringing attention to the face and allowing the face and the jaw to soften. The neck and the shoulders to release. The arms and the hands to relax.

Letting go of any tension in the legs and through the feet. Settling in to just being. And noticing the activity of the mind becoming aware of whether the mind is active or calm. And if the mind is active, just allowing thoughts to settle. Noticing the tendency to get caught up in thinking and stories.

And rather just letting thoughts go. If we don't feed thoughts, they tend to just drift away, to dissipate. Thoughts can be like snow in a snow globe. And the mind of shaken up just like shaking up a snow globe. Lots of snow, lots of thoughts drifting around. And when the snow globe isn't shaken, the snow just settles. Just allowing thoughts to settle.

And bringing kindness to your present moment experience. Recognizing if there are any judging thoughts or any desire for things to be different than they are. And so just acknowledging this. And bringing kindness to your experience. If there are any difficulties you're facing or difficult thoughts, meeting them with kindness and allowing them to be.

And then shifting the attention to the sensations of breathing. Allowing the awareness to settle on where it feels most natural, to follow the flow of air into and out of the body. And just resting the attention there. And if you prefer, choosing other bodily sensations or sounds to anchor the attention.

Wherever you choose to place the attention, just noticing the natural flow of sensation. I don't need to fix anything or change anything. Just paying attention to whatever sensations are arising.

Noticing when the mind wanders, and as soon as you've noticed that it's wandered, gently disengaging, and with kindness, guiding it back to breathing or wherever else you may have chosen as your anchor. It's not good or bad that the mind wanders. It's just the mind being the mind.

And whenever you're paying attention, seeing if you can notice the moment-to-moment change in sensation or in sound. Noticing the sensation of the in breath and with the out breath. More of sounds as they arise and pass away.

Notice subtle changes and other bodily sensations. Noticing where the attention is now and if it's wandered. Gently guiding it back. Beginning again.

And shifting the attention now to notice sounds. Noticing sounds within the room, sounds outside the room. Just noticing sound as sound. Not needing to identify it or tell a story about it. Just becoming aware. Sound is sound, vibrations through the air.

Listening now to the sound of the bells as I ring them to end this meditation.

[BELL RINGING]