

**SPEAKER:** So finding a comfortable position, eyes open or closed as you prefer. Becoming aware of the body and the body sitting. Noticing the overall state of the body. Does it seem to be relaxed or tense? Beginning just by noticing. Since towards the end of the afternoon, you may have been engaged in other activities and not paying attention to the body. So just becoming aware of the body now.

And how the state of the body might still be reflecting what it is you have been doing. And from the whole body, shifting the attention to the feet. And noticing the feet. There seems to be any tension present, just relaxing the feet. Scanning the attention up through the lower legs. And on up into the upper legs.

And noticing any tightness or tension in the legs, and letting go of that as well. Bringing awareness to the abdomen and the chest. And noticing the flow of air into and out of the body. And whether breathing seems easy or whether there is some tension in the chest or abdomen affecting the breath. And if you encounter any, just letting this go, too.

Bringing awareness to the shoulders and releasing the shoulders. Scanning down through the arms to the hands. And releasing any tension you encounter here. Shifting the awareness through the neck, relaxing the neck. And becoming aware of the head and the face. Allowing the face to soften and the jaw to open.

Letting go of tension in the body. Not to relax and fall asleep, but relax and fall awake. Awakening to your present moment experience. The experience of being right here, right now. And shifting the attention to sound. Noticing sounds around you. Sounds rising from the body. Noticing any sounds associated with breathing. And noticing if there are any other sounds arising from the body.

And expanding the awareness to notice sounds around you. Sounds rising from the room you're in, the building you're in. Seeing if it's possible to just notice sound as sound. Without describing it. We're thinking about where it's coming from. Just being aware of sound itself.

And when the attention wanders from the sound itself to thoughts or other bodily sensations, just gently disengaging and guiding the attention back to paying attention to sound. And now expanding the awareness further to include sounds coming from outside the room or outside the building. Noticing if any more distant sounds are present.

When you pay attention to sound, it's an opportunity to notice the sound itself. The sound created by waves through the air being processed by the ear and on to the brain. The sounds themselves and how quickly description of the sound, wondering where the sound came from, stories about the sound, how quickly the mind elaborates on the sound itself by thinking or judging.

Except when it's of an intensity or a quality that is actually painful or causing discomfort, sound is just sound. We think of it as noise. Because we've judged it. It's a way of paying attention to just the sensation itself, to just the sound itself is sometimes referred to as bare attention. And becoming aware of sound as bare attention. Sound itself.

Continuing to pay attention to sound. Or a distant sound. A local sound. Sounds arising from the body itself. Noticing sound without judging, without elaborating. Just sound is sound.

Shifting the attention now from sound to the sensations of breathing. Noticing the flow of air into and out of 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've been closed as we end this meditation.