

SPEAKER: Take a moment now to settle in, closing your eyes if you're comfortable, or leaving them open if you would prefer. And let the attention settle in on the breath, noticing the breath at the nostrils or the lips, and feeling the flow of air in and out of the body, becoming aware of the rhythm of the breathing.

And even at placing our attention at the nostrils or the lips, we can also be aware of the rise and fall of the chest and the abdomen as we breathe in and out.

As we pay attention to our breathing, inevitably, the mind will wander. We'll start planning, thinking about what we need to do. We start thinking about the past or become interested in some bodily sensation, some ache or pain or itch. And when this happens, we just notice that the mind has wandered, we disengage from this new source of interest, and we turn the attention back to our breathing.

It's not good or bad that the mind wanders. It's just what the mind does. So we just return back to either the nostrils or the lips, and once again notice the flow of air into and out of the body.

We don't try to make the breathing any different than it is. We're not trying to control it. We're just noticing as it is, noticing when the attention has wandered, letting go, and bringing the attention back to our breathing, over and over.

And as we take a few minutes to do this, there's no place else to go. There's nothing else to do. We can just focus on this breath and on this moment, breathing in and breathing out, noticing when the attention has wandered, and gently guiding it back, back to the breath, back to this breath.

And as you feel ready now, you can open your eyes if they've been closed, and gently return your attention to the room and to your surroundings.