



## 4 MINUTE MEDITATION

BY TARA BRACH

Estimated, Unofficial Transcript:

“This is a meditation guide from the New York Times. You're about to listen to a four-minute mindfulness meditation by Tara Brach, a psychologist and founder of the Insight Meditation Community of Washington, D.C. Find a comfortable spot and close your eyes. Now listen.

Coming into stillness and feeling the simplicity of your body breathing ... taking a nice full, deep in-breath now, extending the in-breath, filling the chest and the lungs, and a slow out-breath, feeling the sensations of releasing the breath, relaxing outward, letting go.

And again breathing in, filling the chest and the lungs ... slow out-breath, releasing, letting go, letting go. One more time, inhaling deeply, filling the chest and the lungs ... a slow out-breath, relaxing outward, letting go, and allowing the breath now to resume in its natural rhythm, relaxing with the inflow, with the outflow, beginning to gently scan down the body, relaxing the brow, letting it be smooth, softening the eyes, letting the jaw unhinge, relaxing the tongue down to the root.

Letting the shoulders fall away from the neck, and feeling the shoulders from the inside out, sensing a dissolving sensation. Ice to water, and water to gas. Letting the hands rest in an easy and effortless way, softening the hands, feeling from the inside out a play of sensation there, letting the chest be open, the heart relaxed, sensing an openness to the chest, softening the belly, letting this next breath be received in a softening belly.

This breath ... and now this one, relaxing deep in the torso, feeling the length, the volume of the legs, feeling the sensations inside of the feet, and then widening the lens to sense this whole body as a field of sensation, including the arising and passing of sound. Listening to and feeling the whole moment-to-moment experience ... sensing in a relaxed and gentle way the movement of the breath, this background of aliveness, resting in an awake and relaxed presence.”

## ABOUT TARA BRACH

[www.tarabrach.com](http://www.tarabrach.com)

Tara Brach's teachings blend Western psychology and Eastern spiritual practices, mindful attention to our inner life, and a full, compassionate engagement with our world. The result is a distinctive voice in Western Buddhism, one that offers a wise and caring approach to freeing ourselves and society from suffering.

In 1998, Tara founded the Insight Meditation Community of Washington, DC (IMCW), which is now one of the largest and most dynamic non-residential meditation centers in the United States. She gives presentations, teaches classes, offers workshops, and leads silent meditation retreats at IMCW and at conferences and retreat centers in the United States and Europe. Tara's podcast receives over a million downloads each month.



Her themes reveal the possibility of emotional healing and spiritual awakening through mindful, loving awareness as well as the alleviation of suffering in the larger world by practicing compassion in action. She has fostered efforts to bring principles and practices of mindfulness to issues of racial injustice, equity and inclusivity; peace; environmental sustainability, as well as to prisons and schools.

In addition to numerous articles, videos, and hundreds of recorded talks, Tara is the author of the book **Radical Acceptance** and **True Refuge: Finding Peace & Freedom in Your Own Awakened Heart**. She has a son, Narayan, and lives in Great Falls, VA, with her husband, **Jonathan Foust** and their dog, kd.

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