



So, to reduce anxiety,
start by taking a moment to relax your body,
soften any unnecessary tension in your belly and shoulder,
and find a posture that feels both relaxed and alert,

Rest your hands
in an easy effortless way.

With your eyes open,
take a few moments
to scan your awareness
through the sensations of your body,
and wherever possible,
soften and release
obvious areas of physical tension.

Let your eyes stay open
and focus on the middle of the room
wherever you are.

And then see how you can let your awareness travel across the room
from where you're sitting.

If you're lying down,
you can let your attention go upwards
to the ceiling.

And then notice
how you can let your attention come back
to the center of the room.

And see if you can bring your attention closer,
to about book-reading distance
as if you're reading a book in your hands,

So clearly, you can determine where your attention goes.

And now
you can let your eyes close
and just let your attention go inward.



And gently focus on
the sensations of the breath
moving in and out of the body...

And you can let your attention go to wherever the breath comes most naturally to you.

For some people,
it's the sensations of the air in the nostrils ,
with that gentle feeling coming in and out
as the air passes in and out at the nostrils.

For others,
they naturally feel the breath
in the chest ,
with the rising and falling of the chest
with each half breath in and out.

And for most beginners,
people feel the breath most naturally
in the belly,
feeling the diaphragm underneath the lungs
pulling air into the lungs
expanding your belly
as you breath in..

and then when the air is released from the lungs
as you breathe out,
the belly actually moves inward,
sensing the abdominal movements
in and out.

So see if you can let your awareness ride
the wave of the breath
wherever you feel it most naturally,
your nostrils,
your chest,
your abdominal movement,
or for some people,
it's even just the whole body breathing.
Whatever comes naturally for you.
And let's just let your attention ride



the wave of your breathing.

As you're sensing your breath in and out,
you may also sense that your mind is as vast as the ocean
where deep in the ocean beneath the surface,
it's calm and clear.

And from that deep place in the ocean,
you can look upward toward the surface,
no matter what is going on in your life
no matter what those conditions are,
deep in the ocean,
it's calm and clear.

And just sensing your breath
allows you to access the depth and stillness of your mind,
as vast as the ocean,
where from this deep, peaceful place,
you can look upward at the waves at the surface,
the brain waves
that are the thoughts and emotions and conditions of your mind.

Can you notice
all those fleeting thoughts and emotions
that are just there at the surface
that come and go pretty quickly
in and out of your awareness each day
like waves at the top of the ocean?

Sensing your breath ,
bringing you back to this peaceful place
feeling the profound depth
of your mind.

When a thought comes,
or a feeling, memory, or sensation,
then warmly and calming
take note of that mental activity
and redirect your attention to the breath.

And then let your attention return to the breath,



to this depth of your mind
where you can just sense and observe
the activities of the mind as just activities ,
and not the totality of who you are.

See if you can let yourself enjoy the deep tranquility
that comes from just sensing the breath,
knowing that just focusing your mind on your breathing
brings you to this deep place of calm and clarity.

And now when you're ready,
you can let your eyes open

May you bring this same quality of kind awareness
to the rest of your day
feeling relaxed in your body and mind

Thank you