



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,

Now close your eyes  
or look downwards  
and rest your hands  
in an easy effortless way.

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.

We begin the practice of coming back  
by establishing our home base.

While there are many possible anchors to hold our attention,  
such as sound  
or sensations throughout the body,  
the most common  
and the one we'll explore here  
is the breath.

Please breathe naturally  
and simply notice where the breath is easiest to detect  
and where the breath also feels pleasant  
or at least neutral...

So you might pay attention to  
how the breath feels as it flows  
in and out of your nose...

you might feel the touch of your breath  
around your nostrils  
or on your upper lip,  
or perhaps you feel the movement of your chest



or the rising and falling of your abdomen,  
or perhaps you feel your whole body like a balloon  
expanding with the in breath,  
deflating with the out breath....

So just take some moments  
to bring your attention  
to the sensations of breathing in one of these areas,  
a relaxed attentiveness....

There's no need to control the breath.  
Rather, sense you're receiving the breath  
much like you'd listen to sound.

With a relaxed awareness,  
discover what the breath is really like  
as a changing experience of sensations.

This life breath is your home base,  
a place to rest and be aware.

So in these next moments,  
simply relax as the breath comes in...  
notice what it's like,  
and relax with the exhale,  
let go  
and again notice  
the immediate experience of sensations.

Notice where your attention is...  
You might find that  
your mind has drifted off into thoughts.  
This is completely natural.

The mind is conditioned  
to move off into thinking about the future,  
the past.

When you become aware of thinking,  
you might use a soft and friendly mental note.  
Just say thinking,



thinking,  
and then pause and simply re-relax.

Just open the attention again  
aware of the sounds around you,  
re-relaxing your body,  
feeling the aliveness in the body.

Relax your the sensations around your heart,  
releasing any unnecessary tension.

Without any judgment,  
just allow yourself to gently return again  
to the inflow and outflow of the breath.

Let the breath be an intimate friend,  
a home base that reconnects  
you with your own presence.

As you resettle with the breath,  
you might notice other experiences,  
the background sounds perhaps of a passing car,  
wind,  
a bird.

You might feel sensations  
of warmth or coolness.

Whatever's in the background,  
can be there  
without drawing you away.

Just continue to rest with the breath,  
to relax with the breath,  
with the intention of noticing when you can,  
when you drift off into thought.

If you discover that the mind has drifted again,  
simply pause,  
re-relax,  
open the attention.



Without any judgment,  
gently come back into this moment.

Just remember:  
the thoughts are not the enemy.  
You don't have to  
clear your mind of thoughts.

Rather,  
you're developing the capacity  
to recognize when thoughts are happening  
without getting lost in the storyline.

Each time you notice that you've drifted  
or noticed you've gotten lost,  
it's an opportunity to strengthen your muscle  
of remembering of again arriving here now,  
gently coming back  
into living presence.

As you notice the mind getting quieter,  
you might sense the peace that arises  
when you relax even more  
and immerse your entire awareness  
into the inflow and outflow of the breath.

Breathing in,  
know that you're breathing in....  
Breathing out,  
know that you're breathing out....

Be aware of the beginnings and endings of each breath  
fully here,  
awake,  
at home,  
in presence.



You can practice this mindfulness exercise of coming back informally as a way of quieting and collecting your mind at any time of the day.

Simply bring a full yet gentle attention to the breath, relax with the in breath, relax with the out breath, sense into the body, and then continue on with your activities.