



## GUIDED MEDITATION ONLY

Please find a comfortable position  
in your chair.

Sit upright  
with your feet flat on the floor,  
your arms and legs uncrossed,  
and your hands resting in your lap,  
palms up or down,  
whichever is more comfortable.  
Allow your eyes to close gently.

Take a few moments  
to get in touch with the movement of your breath  
and the sensations in the body.

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Bring your awareness to the physical sensations in your body,  
especially to the sensations of touch or pressure  
where your body makes contact with the chair or floor.

Now slowly bring your attention  
to the gentle rising and falling of your breath  
in your chest and belly.

Like ocean waves coming in and out,  
your breath is always there.

Notice its rhythm in your body.  
Notice each breath.  
Focus on each inhale and exhale.  
Notice the changing patterns of sensations  
in your belly  
as you breathe in  
and as you breathe out.  
Take a few moments  
to feel the physical sensations  
as you breathe in and breathe out.



There is no need  
to try to control your breathing  
in any way.

Simply let the breath breathe itself.  
As best you can,  
also bring this attitude of generous allowing  
and gentle acceptance  
to the rest of your experience.

There is nothing to be fixed,  
no particular state to be achieved.  
As best you can,  
simply allow your experience  
to be your experience  
without needing it to be other than  
what it is.

Sooner or later  
your mind will wander away  
from the breath to other concerns,  
worries,  
images,  
bodily sensations,  
planning,  
or daydreams,  
or it may just drift along.

This is what minds do  
much of the time.  
When you notice  
that your mind has wandered,  
gently congratulate yourself.

You have come back  
and are once more aware of your experience.  
You may want to acknowledge briefly  
where your mind has been.  
"Ah, there's thinking"  
or



"Oh, there is feeling."  
Then gently escort your attention  
back to the sensation  
of the breath coming in and going out.

As best you can,  
bring a quality of kindness and compassion  
to your awareness,  
perhaps seeing the repeated wanderings of your mind  
as opportunities to bring patience and gentle curiosity  
to your experience.

When you become aware  
of bodily sensations and feelings,  
tension,  
other intense sensations  
in a particular part of your body,  
just notice them,  
acknowledge their presence,  
and see if you can make space for them.

Do not try to hold on to them  
or make them go away.

See if you can open your heart  
and make some room for the discomfort,  
for the tension,  
for the anxiety,  
just allowing them to be there.

Is there enough space in you  
to welcome all of your experience?

Watch the sensations change  
from moment to moment.  
Sometimes they grow stronger,  
sometimes they stay the same,  
and sometimes they grow weaker.  
It does not matter.



Breathe calmly into and out from  
the sensations of discomfort,  
imagining the breath moving into and out from  
that region of the body.

Remember,  
your intention is not  
to make you feel better  
but to get better at feeling,  
and noticing.

Now stay with your experience  
in this same way  
for as long as you'd like  
noticing the movements of the breath  
with a gentle attitude  
of intention  
and care