



First just let your eyes being open  
focus on the middle of the room where you are.

And then notice  
how you can let your attention go  
to the far wall away from where you're sitting.  
If you're lying flat,  
you can let your attention go to the ceiling.

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

And then your attention can come  
to about book-reading distance  
as if you're reading a book in your hands,  
and you may notice  
that you can determine where your attention goes.

And now if you'd like,  
you can let your eyes go closed  
and just let your attention go inward.  
And we'll be focusing on  
the sensations of the breath.

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,  
the level of 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  
at the level of the chest  
with the rising and falling of the chest  
with each half breath in and out.

And still,  
others feel the breath most naturally



at the level of the abdomen,  
and that when the diaphragm  
underneath the lungs is pulling down  
and bringing air into the lungs  
as you're breathing in,  
the abdomen actually moves upward,  
moves out,  
and then when the air is released from the lungs  
as you breathe out,  
the abdomen actually moves inward,  
sensing the abdominal movements in and out.

So let's take a few moments now  
and just 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,  
I'm going to tell you an ancient story  
that's been passed through the generations  
about the mind being like 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,  
and at the surface,  
no matter what the conditions are,  
whether it's flat  
or choppy  
or even a full storm,  
no matter what those conditions are,



deep in the ocean,  
it's calm and clear.

And just sensing the breath allows you  
to go to the depth of the ocean of your mind  
where from this deep,  
tranquil place,  
you can look upward at the waves at the surface,  
the brain waves that are the activities of your mind,  
that from this deep place in your mind,  
you can just notice the thinking or feeling or perceiving,  
all those feelings that are just there at the surface  
and notice them as being activities  
that come and go in and out of awareness  
like ripples on a pond.  
And just sensing your breath brings you  
back to this tranquil place in the depth of your mind.

So let's take a few moments right now  
to just sense your breath,  
and when an activity of the mind brings your attention to it,  
like a thought,  
a feeling,  
a memory,  
a sensation,  
then lovingly and gently  
you can take note of that mental activity  
and redirect your attention to the breath.

For some people,  
it's helpful to just make a gentle mental note,  
so if there's a thought,  
you can gently say in your mind thinking,  
or if there's a sensation,  
you can just say gently sensing.

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 that,  
just activities



and not the totality of who you are.

So let's take the time now  
and just sense your breath,  
and when you come to notice  
that your mind is no longer focusing on the breath,  
lovingly and gently take note of that  
and return your attention to your breathing.

Now in just a few moments,  
we'll bring this exercise to a close,  
and just 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,  
and we'll continue talking about  
first-person experience of mindful awareness.