



Tara Brach leads a Guided Vipassana (Insight or Mindfulness) Meditation

You begin in a simple way with the breath, and I'd like to invite you to take a nice, full, long, deep in breath.

And then release it slowly, slow enough so you can feel the sensations of letting go.

And then another full in breath. And slow out breath, letting go. Relaxing outward.

And once again, inhaling deeply. And with the out breath just softening down the length of the body, relaxing, letting go.

And then notice, as the breath resumes in its natural rhythm, the possibility of relaxing as the breath comes in.

And relaxing with the out breath.

Noticing the quality of presence right now, sensing how just a few moments of purposefully attending to the breath can help to collect the attention, bring you here.

We take some moments to listen to the heart, just asking that simple question, what brings me here? What is my intention tonight?

And sensing in a sincere way what most matters to you.

Bringing whatever intention you have for presence, for awakening, for relaxing, for open heartedness, bringing that into the chanting, we'll chant the mantra 'om'. This universal mantra of connectedness. You might bring the palms gently together, gathering the attention at the heart, and we'll chant three times.

So please inhale deeply, "Om".

The primary entry to presence is through this living body. So, you might let the awareness scan through your body and notice if there are any areas of particular tension or tightness.

Just to bring a soft attention to those places.

Sensing the possibility of relaxing a bit. Loosening, softening.

You might notice the area around the eyes and let the brow be smooth, the eyes soft.

Relaxing the jaw. You might sense a half smile at the mouth. Slight but real smile.



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Sometimes described as smile yoga, because it sends a message, sends a message to the whole nervous system to just relax. The fight flight to come into more of a sense of ease. You might sense the curve of a smile spreading through the chest, through the heart area not to cover over anything, but just a sense of space there for whatever your experiences.

Letting that space wide and so that the shoulders can relax back and down a bit. Softening from the inside out, feeling the shoulders and letting go of it.

Letting the hands rest in a very easy and effortless way. Softening the hands and feeling the life from the inside out there.

Tingling, vibrating, aliveness.

Let the chest be open and the belly soft, receiving this next breath and a softening belly. This breath.

And then this one.

Then again.

Relaxing deep into the torso, scanning with the attention down the legs, you can feel again the sensations and aliveness through the legs.

Feeling the feet from the inside. And then notice what happens if you widen the attention to feel this whole body as a field of sensation.

Just let everything happen. Tingling and vibrating, heat or cool, tightness or flow.

Just letting this life live through you.

Discovering in the midst of this field of sensation the sensations of the breath, the inflow, outflow of the breath. Feeling the breath in a receptive way. Just letting it be naturally as it is.

Noticing the breath where it's most predominant and easy to feel.

It may be the inflow outflow at the nostrils. You might notice a rising, falling sensations at the chest. Or perhaps the expanding. And then the settling at the belly. For some, the breath is most easy to detect as an expanding through the whole body. Even on a cellular level, an opening, expanding and then a deflating and settling.

The whole body breathing.

Wherever your attention is, letting this breath be a home base, relaxing with the inflow, relaxing with the outflow.



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When you notice the mind is drifted into thoughts, perhaps the future or the past commentary, judgment, simply pause. Recognize the fact of thinking and allow the mind to widen open again. So, you're once again aware perhaps the sounds around you that are right here.

Aware of the aliveness of sensation in the body right here, this moment.

And with a gentle, soft attention, resting again in the inflow, outflow of the breath.

Your anchor to presence, your home base.

Letting the breath stay in the foreground unless some other strong experience arises and asks for your attention. Perhaps a strong sensation of pain or unpleasantness in the back, or perhaps some tingling that's very unpleasant somewhere else. If there's some strong experience, then we let go of the breath as our primary focus and open the attention to what's arising, feeling it directly, receptively, allowing it to be there to change as it does.

And when it no longer calls the attention, then we gently come to rest again in the breath.

This similar way of a strong emotion arises: sadness or fear, excitement, strong happiness to let go of the breath and open to the emotion as a constellation of sensations in the body a felt sense in the body. Saying yes to what arises. Moment to moment.

And if nothing is calling the attention strongly, to continue to relax with the inflow of the breath, then relax with the outflow.

Know that you're here. Right here.

Rest in the present moment.

You can start fresh in any moment. Dedicating a kind and full presence to just what's right here.

It's helpful to re-relax if you notice the body's tightened up, perhaps softening again in the shoulders.

Softening the hands.

Loosening a bit in the belly.

Relaxing your heart.



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If what you connect with in the moment is difficult, you might explore feeling at sensations and see what happens if you really say yes.

If energetically you allow life to be just as it is. The key to presence is bringing interest and friendliness to what unfolds.

I'll close the meditation in a very simple way with a blessing of loving kindness, to first sense what wish, what prayer of care or blessing you'd like to offer to your own heart. Just take a moment to whisper with sincerity, some message or blessing to your own heart.

Then sensing this whole living world and what prayer or blessing you'd like to offer to the life that's within and around you, again, with a mental whisper.