Sitting in an upright position, with your back straight and yet relaxed, dignified, embodying confidence, feeling the chair or floor or cushion beneath you supporting you. feeling gravity holding you, the earth receiving you. Finding a point of balance where gravity is holding you upright without strain, allowing the body to become still and bringing your attention now to the sense of the body breathing, the breath entering and leaving the body. Bring curiosity and freshness to this moment and noticing where you feel the sensation of breath most vividly now- centering your attention there. Simply breathing in and out. Noticing that there is a beginning, middle and end of an in breath and a beginning, middle and end of an out breath.

Watching the entirety of an in breath from the beginning to the end, noticing the moment, space, or pause when it shifts to become an out breath. Then noticing the out breath from its beginning to its end, to its shift as it becomes an in breath. Realizing that no matter how many times the attention leaves he breath, awareness of that does arise and there is an opportunity to choose and to bring the attention back to this in breath and to this out breath. Allowing the breath to be at the center of your attention and allowing any thoughts to come and go like clouds in the sky.

And now when you are ready, expanding your attention beyond the breath to include the entire body, sitting, becoming aware of sensation in the body. Perhaps sensation of contact with the chair or cushion, perhaps the touch of clothes on your body or how your hands feel in this moment. Sensations of temperature. Just being present with any sensations that may arise. Noticing how sensations sometimes stay for just a short while and other times they linger. Noticing how they change in intensity, shift and pass away as new sensations arise. Like the breath, they have a beginning, middle, and end.

Staying in touch with sensations in the body as you sit. If the attention wanders, noticing and making a choice to bring it back with care and kindness to the awareness of the body and the breath. If sensations arise in the body that are very intense, making it difficult to focus on the body of the breath, there are two ways to deal with this. You may choose to change your posture mindfully, attending to the sensations of movement as you shift or you may choose to direct attention right into the intensity of this sensation itself exploring it with a gentle curiosity. Notice any nuances of sensations. Notice any thoughts or judgements. Notice any resistance or bracing and as much as possible, stepping back to observe, to open space and awareness perhaps to soften and attending to duration noticing that sensations change. That they have a beginning, middle, and end.

Now allowing your attention to shift from the breath and the body to the sense of hearing. Not seeking sound but rather receiving whatever is available from within the body, from the environment near or far, or becoming particularly aware of the sounds falling on your ears noticing how awareness receives the sounds without effort. Being aware of how sounds have a beginning, middle, and end. Some are very short, and some are long, how they are varied in texture. How there is a space between sounds. Noticing how the mind labels sounds, has opinions about sounds, like or dislikes certain sounds. Noticing any desire to move away from some sounds and towards others. As much as possible, making space in which sounds can be experienced as they are.

And when you are ready, allowing attention to shift from hearing and letting it expand this time into thinking. The realm of thought. Seeing thoughts not as distractions but rather bringing tour awareness to the thinking process itself. Noticing how thoughts arise, stay briefly, or for a more extended period and then dissolve the beginning, middle and end. So not getting lost in the content of the thought, allowing thought to be in the foreground with sounds, audio sensations and breath in the background.

Noticing thoughts, they may be about anything. They may be about sleep, obligations, past, the future. If you can carry it away in the current of thinking, coming back to observing thoughts of separate elements that come and go, thoughts moving through an open and spacious mind. Noticing also that emotions arise in the body or mind, perhaps frustration, or restlessness o4 peacefulness, or sadness, or joy, or fear. Now bringing attention to emotion or the mood state. What if here for you right now? Noticing where in the body certain emotions seem to live.

Exploring emotion, noticing how what is here might be wanted or unwanted. How there might be a tendency to cling to emotion judged as pleasant and to struggle with others negatively judged such as sadness and fear. Noticing whatever emotions arise in the moment knowing that they too have a beginning, middle, and end. Perhaps simply observing them in the body, letting go of any supporting thoughts or stories.

If at any time, emotions or sensations become too uncomfortable, remember you can always return to the breath finding a safe harbor focused there until you’re ready to venture out again.

Moving now if you care to into a choiceless awareness, not choosing to bring your attention to any one thing in particular simply sitting here, fully aware of whatever is presenting itself to you in each moment. If sound arises, letting sound be the center of attention. If body sensation arises, letting that be the center of attention until the next arising, which may be another body sensation or thought about the body sensation or an emotion.

Whether the focus of attention is a thought or a sound or the breath or a body sensation always being aware of where your attention is, not merely allowing the mind to drift but watching what grabs the attention in each moment. At one moment, the breath may predominate and perhaps the sound might be most prominent. Simply dwelling with an open awareness, attending to whatever arises.

Sitting in stillness with whatever comes and goes. Being present with it all. Being here, now. Open to the totality of your experience. Being fully human. Now returning the attention to the body as you sit, feeling the breath coming and going. Staying fully present with the body and breathe. And as this mediation session comes to a close, realizing that by practicing mindfulness, you are intentionally deepening your ability to be fully present in your daily life. If it feels right for you acknowledging yourself for taking this time and energy to nourish and care for yourself remembering that practicing in this way helps create access to a wider, deeper, more open way of being in your life in which you can see more clearly and make more conscious choices for health, well-being, and freedom.