

Mindfulness: Meditation 1 - Mindfulness Of Body And Breath

Meditation 1: mindfulness of body and breath.

[bell chimes].

This is a short meditation designed to settle and ground yourself in the present moment.

So finding a comfortable position, either lying on a mat or thick rug, or sitting on a firm straight-back chair, or a cushion or meditation stool.

If you're sitting on a chair, allowing your feet to be flat on the floor, with your legs uncrossed, and allowing your spine to be straight, so your posture supports your intention to be awake and aware. So the posture can be dignified, but comfortable. Not stiff or tensed up.

If you're lying down, allowing your legs to be uncrossed, with your feet falling away from each other, and your arms lying alongside and slightly away from your body. Allowing your eyes to close if that feels comfortable, or lowering your gaze.

And bringing your awareness to the sensations where the body is in contact with whatever is supporting you. Spending a few moments exploring these sensations.

[silence].

Now, gathering your attention and moving it to focus on your feet. So that the spotlight of attention takes in the physical sensations in both feet and ankles, any and all sensations, moment by moment.

[silence].

Noticing how sensations arise and dissolve in awareness. And if there are no sensations, simply registering a blank. This is perfectly fine. We're not trying to make sensations happen, we're simply paying attention to what is already here.

Now expanding your attention to take in the lower legs. *[pause].* And then the knees. *[pause].* And the rest of the legs. So holding both legs now center stage in awareness. *[pause].*

Now expanding attention again up the body, to the pelvis and hips, the lower back, and the lower abdomen. And gradually expanding attention to move up the torso, to the chest, and the back, right up to the shoulders. Noticing all the physical sensations in this region of the body.

[silence].

Now expanding again to include the left arm. *[pause].* Then the right arm. *[pause].* Then the neck. *[pause].* And the face. *[pause].* And the head. Until you're holding the whole body in

awareness now. And seeing if its possible to allow the sensations in the body to be just as they are, not trying to control anything, or wanting things to be different from how you find them.

[silence].

Now bringing your awareness to the center of the body, to the sensations in the abdomen. As the breath moves in and out of the body. Noticing the changing patterns of physical sensations here. If you like you can place your hand here for a few breaths, and feel the abdomen rising and falling.

[silence].

Being fully alive to the sensations of breathing. For the full duration of each in-breath, and the full duration of each out-breath. Not trying to control the breath in any way at all, simply letting the breath breath itself.

[silence].

Sooner or later, you'll probably find that the mind wanders away from the breath, to thinking, planning, remembering, or daydreaming. When this happens, there is no need to criticize yourself. Simply registering where the mind had wandered to, then gently escorting your attention back to the breath. And this mind wandering may happen over and over again. So each time, remembering that the aim is simply to notice where the mind has been, and gently escorting your mind back to the breath. And using the stretches of silence now to practice this by yourself.

[silence].

Coming back to the breath whenever the mind wanders.

[silence].

And remembering that the breath is always available to you. To help bring you back into the present moment, when you find your mind scattered and dispersed by the rush and business of your life. Always here, as an anchor deep within you. A place of stillness, and peace.

[silence].

[bell chimes].