

## **MINDFULNESS**

Allow the body to breathe naturally

Whenever we meditate, we create a refuge for ourselves.

A quiet time for turning our awareness within, so we can bring more attention, more openness, more mindfulness to everything that we do the rest of the day.

We can be mindful of our inner experiences, mindful of the breath, mindful of sensations in the body, mindful of feelings, mindful of thoughts or of whatever arises in our field of awareness.

Take a few deep breaths as you begin to turn your attention inward

Remembering how you can use the out breath as an opportunity for letting go and relaxing.

Pause

Now let the breath find its own natural rhythm and simply be aware of the waves of the breath as it rises and falls.

Sometimes the breath is long or short  
Sometimes smooth  
Other times irregular

Whatever you notice as you are mindful of your breath  
Just let it be, without judging, without commenting or wishing it were different.

Be simply open to this moment. A state of acceptance of each moment for whatever is happening.

Pause.

Now as we continue to be aware of our breathing...let your primary focus move to any sensation that may be present in your body.

Feel the touch points where you are supported by the floor or chair.

Be mindful of any subtle shifts in the body.

Pause

Be aware of any sensations in the body.

If you are experiencing any discomfort or pain or restlessness, see if you can begin to be open to the sensations and observe them with mindfulness.

You might imagine the breath moving into that area of tension.

Imagine the breath softening and helping the tension to release.

Using the breath as a tool for awareness, for softening, for letting go.

Pause

Now we will move the focus of attention to thoughts in the mind.

Thoughts are continuously arising, all very natural in the process of the mind.

Watch each thought as it comes and goes.

Be mindful toward the process of thinking.

Notice how the thoughts are all subtly shifting, moving, dissolving.

Pause

Now shift the focus of awareness to any sounds that come to your attention.

Be open and receptive to those sounds that may arise in the environment.

There is no need to judge sounds as pleasant, unpleasant, or distracting.  
But quietly accept whatever sounds come, whatever sounds go.

Using sound now as the object of your mindfulness.

Pause

Whenever you become aware that the mind is wandering, come back to the breath, using the breath to let go of distraction, impatience, boredom, restlessness, or whatever else you notice.

Pause

As we come to the end of this time for our relaxation exercise, continue to allow each out breath to be an opportunity to let go.

An opportunity that is present with each breath throughout the day.

Bring mindfulness to any activity.

Simply a remembering, reminding yourself to be fully awake.

With your eyes closed, begin to become aware of your surroundings.

Notice the sounds in the room.

When you are ready, gently open your eyes.

You may want to sit quietly for a few minutes and stay in touch with your relaxation experience.