

**Breath, Sound, Body Meditation (12:00)**

So you can find your meditation posture  
Sitting in a way that's neither too tight nor too relaxed  
But comfortable and upright  
Then notice your body from the inside  
Noticing the shape and the weight and the touch  
And areas you make contact with the floor or the chair  
Then you can focus on your breathing  
Feeling your breath  
In the area of either the abdomen, chest, or nostrils  
Feeling the gentle rising and falling of your abdomen or chest  
Or the coolness and in and out sensations at your nostrils  
So the breath is our anchor  
It's where we establish our awareness  
It helps us have something to always return to  
This simple act of breathing  
Now you might notice that other things pull your attention away from the breath  
And that might be sound  
So right now, just for a moment  
Bring your attention to the sounds  
Inside the room  
Or outside the room  
Simply listening  
They might be pleasant sounds, unpleasant sounds  
Listen to them with curiosity and interest  
Noticing them coming and going  
Without getting caught up in a story about what that sound is or why it's there  
Simply listening  
Can also notice the sound of silence  
And now letting go of this hearing  
The listening  
Bring your attention into your body  
And notice if there are body sensations  
To be aware of  
There might be pressure or tightness  
Or movement or vibration  
Or heat or cold  
Or tingling  
Notice which sensations call out to you  
And let your attention go to them  
It might be a very strong and obvious sensation  
There might be a soft or subtle sensation

You might notice yourself jumping from sensation to sensation  
Or there may be one that grabs your attention and holds it  
Particularly if it's unpleasant  
You might notice it  
Is it growing or shrinking?  
Moving  
Does it pulse or throb  
Ache  
Just notice with curiosity  
Similarly not making up a whole story about the experience  
Just being directly with the sensations in your body  
So now return to your breathing  
Finding your breath  
And as you continue on in this meditation  
You'll stay with your breath one breath at a time  
If you notice yourself lost in thoughts you can say "thinking"  
Or "wandering"  
And then redirect your attention  
Returning back to the breathing  
Now if you find a sound  
Or a body sensation  
Become so obvious, strong  
That you can't, any longer, stay with the breath  
Because it pulls your attention away  
Then let yourself let go of the breath  
And focus on the body sensation  
Or sound  
Listen to it or feel it  
Until it no longer holds your attention  
Or it's stopped  
At that point go back to the breathing  
Returning to the simplicity of your anchor  
The breath  
We'll try this for a few minutes in silence  
[silence]  
Now once again notice your whole body sitting here  
Tuning into the shape  
The posture  
The movement  
Let yourself relax  
And you can wish yourself well  
May I be happy and at ease  
May I be free from stress and anxiety  
May I be peaceful  
And let yourself consider the possibility  
Of finding peace and ease  
Wellbeing  
[bell ring]