

Find a comfortable way to sit. Adjust your posture so that your spine is erect without being rigid or stiff. Allow the rest of your body to be relaxed around the upright spine. Rest your hands in your lap or on your legs. Allow your eyes to gently close. Bring full attention to the physical sensations of sitting still. Be comfortable, shift when you need to.

Pause

Allow your breathing to be natural. Bringing attention to your head, release any tension in the face, soften the eyes, and relax the jaw. Scanning the body slowly downward, relax the neck and shoulders. Feeling the rise and fall of the chest and abdomen with the breath, soften the belly with each exhalation.

Pause

Bringing the attention all the way down through the body to the places of contact with the chair or cushion, allow your body to be supported by the seat you're on. Feel the pressure and density of the relaxed upright body sitting.

Pause

Begin to expand your attention to the whole mind and body. Know your experience as it is. When you become aware of the hindrances of sleepiness, restlessness, craving, aversion, or doubt, simply pay direct attention to the truth of these experiences.

Pause

What does it feel like in the body? Where do you physically experience restlessness, sleepiness, aversion, or craving? Is the experience constant or constantly changing?

Pause

If doubt arises, name it. Explore it. What does doubt feel like in your belly?

Pause

Now investigate the factors of awakening: Is mindfulness present?

Pause

Is the mind concentrated?

Pause

Is the factor of investigation present?

Pause

How is your energy and effort in this moment? Are you awake and present? Do you feel energized or lethargic?

Pause

Is the factor of joy present? How do you experience the joy?

Pause

What kind of sensations are associated with joy?

Pause

What kind of thoughts arise in the mind when joy is present? Are you attached to these thoughts and feelings, or do you let them rise and pass?

Pause

Do you feel equanimous with your mind and body? Are you at ease? Balanced?

Pause

Allow relaxation to arise. Right now, it's just like this, the way it is.

Relax around it, into it. Let it be and observe. Investigate and contemplate the truth of each moment as it manifests in the body and mind.

Pause

Remember to keep the intention of objective friendliness. Meet each experience with acceptance and curiosity: "So this is suffering; hello, attachment; hello, craving. You feel like a tightness in my jaw, a hardness in my belly, and an abusive voice in my mind."

Pause

Or "So this is joy; welcome. You feel warm and embracing. Sweet and pleasant. My belly is soft, chest open, and jaw is relaxed."

Pause

We can welcome all the emotions, sensations, and truth of our experience in mindful awareness.

Pause

All that arises, passes.

Pause

There is nothing worth clinging to.

Pause

Let it all come, let it all go.