

Begin by making yourself comfortable, whether you are sitting, standing or lying down. While there's no perfect way for your body to be positioned, it helps to try and get into a position that allows you to feel more alert or awake - sometimes needing to straighten up the body to do that, all the while taking care to not be physically uncomfortable.

Begin by gently scanning your body, noticing any physical sensations at all that are present.

Perhaps you notice warmth, or cool, tension or tightness, tingling or something more subtle. There's no right or wrong in this practice.

From here, gently draw your attention to the physical sensations in your hands, keeping your attention here for a few moments, and now gently moving your attention to your feet. Body awareness helps us to feel more grounded and present.

Now from here, gently place your attention on the physical sensation of breathing in your body, locating it wherever you notice it most. Perhaps you notice it in your nostrils or your upper lip or the rise and fall of your chest or belly. Wherever you notice it, is okay. There's no need to control, change or deepen your breathing. You are simply becoming aware of your breath, as it is, right now.

As you do this, you may find it helpful, in order to maintain focus on the breath, to silently count "one" as you inhale and "two" as you exhale, repeating "one" on each in-breath and "two" on each out-breath. Or, you might silently say "in" as you breathe in and "out" as you breathe out. If naming the breath in these ways is not helpful, gently drop this and continue to draw your attention to your breathing in a way that works best for you.

Doing this, for even a few moments, you may notice that your mind has wandered or gotten distracted or lost, even repeatedly. That's okay. This is what the mind does - it thinks. Mindfulness is about noticing when we have gotten lost in thought.

When you notice your mind wander to thoughts, see if you can begin to notice the content of these thoughts, without judging yourself for having any of them. You may find it helpful to silently name your thoughts and experiences, simply noting "thinking" or "planning" or "worrying" or even "boredom".

Whatever you think or notice is okay - there is no right and wrong in this. Simply and with a broad awareness see if you can notice these thoughts and whenever possible, see if you can gently redirect your attention to your breathing. Noticing each in-breath and out-breath as it enters and leaves your body.

And so is the practice - gently directing your attention to the physical sensation of breathing wherever you notice it most in your body - noticing when your attention

has wandered to thoughts or emotions or other experiences and then gently and kindly returning your attention to your breathing.

Now from here, see if you can gently expand your awareness to include also your body as a whole, and now, the environment, including temperature on your skin and sounds you might hear.

Gently prepare now to transition and close your meditation. To do this, you may want to consciously stretch or readjust your body, or take a few deep but gentle breaths. If you are closing your eyes, gently open them when you are ready - staying open to bringing this sense of presence and awareness to the next moment of your day.