

Sitting Meditation Script

[Free [audio recording of this meditation](#) and others are available on the [Palouse Mindfulness website](#)]
[script adapted from Jon Kabat-Zinn's Mountain Meditation, available at <http://www.mindfulnessstapes.com>]

This segment guides you through a sitting meditation with breath as the primary object of awareness... Arranging to spend this time in a comfortable but attentive posture, preferably sitting up without letting back for support, if that's possible for you. Sitting in a dignified posture, head balanced on shoulders, arms and hands resting in a comfortable position.

This is a time to switch from our normal mode of doing and moving and reacting to one of *simply being*. Just be attentive to what's happening within your own awareness, right here and right now.

And as you sit, *just noticing sensations of breath*.

Just noticing how your abdomen moves on each in-breath and out-breath, the movement of air through your nostrils, a slight movement of chest and shoulders.

Just bring your awareness to your breath cycle and wherever it is the most vivid, whether it be your tummy, your chest or your shoulders, or the movement of air through your nostrils...

Noticing the entirety of breath, from the movement of the air coming in, and filling the lungs, and extending the abdomen slightly, the movement of air going out, and being aware of the pause, the stopping point, in between the in-breath and the out-breath, and the out-breath and the next in-breath. It's all one movement, even through the changing of direction; just notice where that pause is... seeing to what degree you can be aware of your whole entire cycle... recognizing that each part of the cycle is different from the other part... and this time through maybe different than the last time through, and each one is absolutely unique in its own way, if you pay attention.

You'll notice your attention from time to time shifting away from breath. The mind may wander into fantasies, or memories, thoughts of the day, worries that you might have, things you need to do... and *without giving yourself a hard time* when you notice that that happened, *gently* but firmly bring your attention back to the sensations of breathing... the actual physical sensations of breath as it moves through your body.

Being aware of where the mind goes... gently shifting your awareness to sensations of breath...

And notice the tendency to want TO CONTROL your breathing... Let the quality of attention be *light and easy*... one of *simply observing and noticing*... just as if you were on a float on a *gently undulating* sea... where you're up with one wave and down with the next... you don't control the duration of the wave, or the depth between the waves; you're just riding...

And just *gently coming back* to sensations of breathing...

You may notice that there are SOUNDS in addition to the sounds that come from this recording... sounds of traffic or movement, or something else going on... and **just notice** that your attention has moved to that perception of sound... just staying with it long enough to notice the quality of the sound... sound is vibration, tone, volume or intensity... being aware of the mind to label sound, as traffic, or as voices, or as music... and coming closer to the sound as it hits your ear drums... quality or pitch or rhythm or intensity... **separating out the actual reception of sound from the labels** we put on it...

And if you've been paying attention to sound or noticing that you've gotten off to noticing the perception of sound, bring your attention once again back to breath... letting your breath be your anchor of awareness... so that each time your awareness goes somewhere else, just gently coming back to breath, without judgment or any upset if you can do that. If you see that my attention has gone somewhere else, just coming back to breath...

And noticing the tendency TO HAVE AN OPINION about things... about liking the way things are going right now... not liking it, finding it uncomfortable; that too can be an object of awareness... just noticing that you have an opinion about things often. So, that's my liking mind; it's liking this. So that's my critical mind that would rather have things be different than they are... and that too can be noticed... building the capacity to notice liking or disliking... and **not to have to do anything about it... how freeing that is!**

And as you notice that happening, just bring your awareness to the physical sensations of breath... wherever it's most vivid for you... **just riding the entire cycle, one cycle after another.**

You may notice your attention shifting to BODY SENSATIONS, of achiness or discomfort... of tension... and as you notice these sensations of discomfort that happen for you, there's several things which can be done with just the sensation, and one is to, if it's one that can be remedied by shifting a little bit, one way to deal with the sensation is to allow yourself to shift, but in doing that, first becoming aware of the sensation, noticing precisely where the tension or the achiness might be, and once you're aware of where that is, developing an intention to move, and moving mindfully, and with full intent to make that motion. That's one way to deal with strong sensation. A second way, and neither one is better than the other is, as long as full awareness is brought to all parts, is to notice that sensation... noticing it in its fullness... being curious about the extent of it... how your experience of it is at the moment... the actual physical sensations of tension or of throbbing, or of tightness, or of pulling, or tingling. And the second way of dealing with it is just to notice that it's possible to stay for a moment longer with that sensation, **experienced as pure sensation, without the labels** of discomfort, or of tension, or of achiness; just noticing just where it is... noticing your experience of it... and **staying with it, without having to react to it**, just for the moment...

And if your attention keeps getting called back to that area of intense sensation, knowing you have those 2 choices; of forming an intention to do something about it, and mindfully doing it, but forming intention first; or bringing your attention and intention right in to it. Be

curious about it: How big is it? How long is it? What quality does it have? How is it changing over time?

And wherever the mind goes, in terms of thoughts, to liking or disliking, perceptions or sensation, or hearing of sound, or feelings of peace or of sadness, or frustration, or of anticipation; just noticing these raw thought forms, and bringing awareness to sensations to the movement of breath...

And being curious about breath... observing that no 2 breaths are exactly the same...

And seeing if it is possible to have a FRIENDLY ATTITUDE toward whatever comes into your awareness... now if your mind has gone off on a fantasy or a thought, or a judgment, or a worry, or a sensation, or a sound, just in a *friendly way* notice that this is happening and coming back to breath. Recognizing that the *entire cycle of awareness is important* to this experience, including the movement from breath, and including the coming back...

And *nothing to do but ride the waves* of breath...

Seeing if it is possible in those moments when your awareness is gone somewhere else... noticing how that flicker of attention happens, that moment when you realize it is somewhere else, somewhere other than breath, and at that moment seeing if it is possible of having an *attitude of CELEBRATION, of congratulation*, of recognition that *this is a moment of awareness*. You acknowledge yourself for noticing you've gone somewhere else. And just easily bring your attention back to breath... in a *friendly* and a *non-judgmental* way.

As this meditation comes to an end, recognizing that you spent this time intentionally aware of your moment to moment experience... nourishing and strengthening your *ability to be with whatever comes your way*... building the capacity for opening the senses... to the vividness, to the aliveness of the present moment... expanding your skill to be *curious, and available, about whatever presents itself... without judgment*.