

10 Minute Meditation

Following is a 10-minute mindfulness exercise in which we observe phenomena that's arising in the body and mind, moment after moment, in each present moment. We try to do this with an attitude of compassion and friendliness, noticing what's happening as we pay attention to what's going on any second. This is a new phenomenon that most of us have not been trained in. We're going to start by observing three deep breaths. And just take nice, three deep breaths right now.

And let's begin by focusing first on sensations in the body. Noticing whatever may be calling for attention in your body. You might have tightness, aches, pains, different sensations. Try to notice the sensations in your body without judgment, paying attention to whatever is calling out to you in the body. And as you do that, you can just begin to breathe normally with your own authentic, deep, and replenishing breath, paying attention to whatever is arising in the body. It is useful to notice and name sensations that are arising and try not to fall into judgment, worry, or concern, but that also may arise as well. So then you can notice the thoughts that arise as you observe your body. And we try to allow these thoughts to arise and just pass. Every thought is nothing but a temporary chemical blip in our brain. And where the focus of mindful meditation is, we can notice whatever is happening in the mind and body, and just let it pass.

I'm going to direct your attention now to your feet, and I'm doing that so it will give you a target of attention. And you may have thoughts or other associations as we do this, but try to just bring your focus and attention back to the feet. So observe your feet, notice the sensations that are happening in your feet, tingling, aching, warm, cold, numb, jittery, whatever might be there. Serve the sensations in your feet. If your mind wanders and you begin doing problem-solving, or list-making, or worrying, gently bring your attention back to your feet. Observe your feet.

Let's redirect our attention now to the hands. Notice your hands. Notice the position your hands are in. Notice any sensations within your hands. You might notice if your hands are together, are apart, if they're up or down, if there's any tactile sensation of whatever your hands are touching or leaning on, the sense of gravity on your hands, even maybe the cool sensation of air on the skin of your hands. Observe your hands.

So, actually, let's bring your attention back to the hands. If you were wondering if you were still with the hands, that's wonderful. And now let's redirect our attention just to the breath, noticing each inhalation and each exhalation. Notice how your stomach and chest rise and fall with each breath. You might prefer to focus on the breath coming in and out of the nostrils, the sense of air entering and leaving the nostrils, and observe each breath. Each

breath has the potential to bring you a sense of replenishment, to bring you a sense of ease, to bring you a sense of calming. It helps us to view each moment as a temporary experience, having a mind like the sky, and the sky we see clouds that drift by. We recognize that weather patterns change. Sometimes it's beautiful, peaceful, and calming. Sometimes it can be ferocious and very difficult. The same is true with thoughts and sensations in the body. They alternate between pleasant, unpleasant, and neutral. Our job is to remain detached, noticing the phenomena that arise, and using the breath is a cue to be at peace with each moment. I sometimes encourage people to consider an acronym to assist in what's happening in the process of mindful meditation. The acronym is rain. It stands for:

- **Recognizing** that which is arising in each moment in the body and in the mind.
- To **accept** or might be easier to allow ourselves to experience what is arising in the body and the mind in each moment.
- To **inquire or investigate** the phenomena that arise, the inquiry and investigation would be done with an attitude of compassion and gentleness. Maybe curiosity as we investigate the phenomena that's arising in the mind.
- And lastly and is for **not identifying** with the thoughts that are arising and passing in each moment.

Thoughts are only a transparent chemical blip on the screen, and as permanent as they are, that's what our minds are like, Teflon letting go of worry and concern, being replenished and revitalized with every breath, allowing each breath to bring about the cool down, calm down mechanism of our parasympathetic nervous system so that we may be happy, we may be peaceful, and we may be safe. May feel gentle loving kindness by all of our suffering be ended. May the seeds of our suffering be ended, and may we live totally with ease.

We may offer this affirmation or this meta-meditation for others in our lives. You may think of a person or persons, people that are close to you, people that you know, people that you have infrequent contact with, or even people that you might feel antagonistic with, or maybe for all beings. May they be happy, may they be peaceful, and may they be safe. May they feel gentle, loving kindness. May all their suffering be ended. May the seeds of their suffering be ended, and may they live totally with ease. Let's listen to the pleasant vibration of the tone.

(Three bell chimes)