

Welcome to the Course!

Part 1.3

GUIDED MEDITATION:

Learning to rest

find a
comfortable
place to sit



lengthening
the spine and
then relaxing
the shoulders



close your eyes if you feel
comfortable doing so



few deep breaths

breathing in deeply

breathing out slowly

one more time

breathing in deeply

breathing out slowly

taking a few moments to rest in
this present moment

be here without having to go
anywhere or do anything


Putting down your to do lists

your agendas


allowing yourself to rest

The more
relaxed we
can get our
body when
we begin


if we notice any spots of tension
or tightness, we can soften
around those areas

A close-up, profile view of a woman's face, focusing on her green eyes. The lighting is warm and dramatic, highlighting the texture of her skin and the intensity of her gaze. Her hair is dark and slightly tousled. The background is dark and out of focus.

Bringing your
awareness to
your face, and
particularly the
muscles around
your eyes

A close-up, profile view of a woman's face, focusing on her eyes and nose. She has light green eyes and long, dark eyelashes. Her hair is blonde and slightly tousled. The lighting is warm and soft, highlighting the texture of her skin and the intensity of her gaze. The background is dark and out of focus.

Soften any
tension in those
muscles around
the eyes

A close-up, profile view of a woman's face, focusing on her eyes and cheek. She has light green eyes and long, dark eyelashes. Her hair is blonde and slightly tousled. The lighting is warm and soft, highlighting the texture of her skin and the intensity of her gaze. The background is dark and out of focus.

Bringing your
awareness to
the muscles in
your jaw and
the muscles
around your
cheeks

letting go of any unnecessary
tension

Softening where you can

just resting

Slowly
moving your
attention
down the
neck and the
shoulders



feeling the
weight of
gravity
pulling down
on the
shoulders
gently



feeling the
weight of
gravity
pulling down
on the
shoulders
gently



there's really nothing to achieve,
nothing to accomplish


there's nowhere we need to get to

Just learning to rest in the present
moment

we can take a deep breath in
together

breathing in

breathing out



slowly you can
allow your eyes
to open

take a moment to take in the
room around you

noticing anything you see
or hear

Take a moment to also
notice how you feel

You might notice some
calm or relaxation

Learning how to rest in the present
moment without needing to get
anywhere, or experience anything

Next Video

Basics of mindfulness and learning
how to practice mindful breathing