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





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



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

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



Soften any tension in those muscles around the eyes Photo by Eric Ward on Unsplash

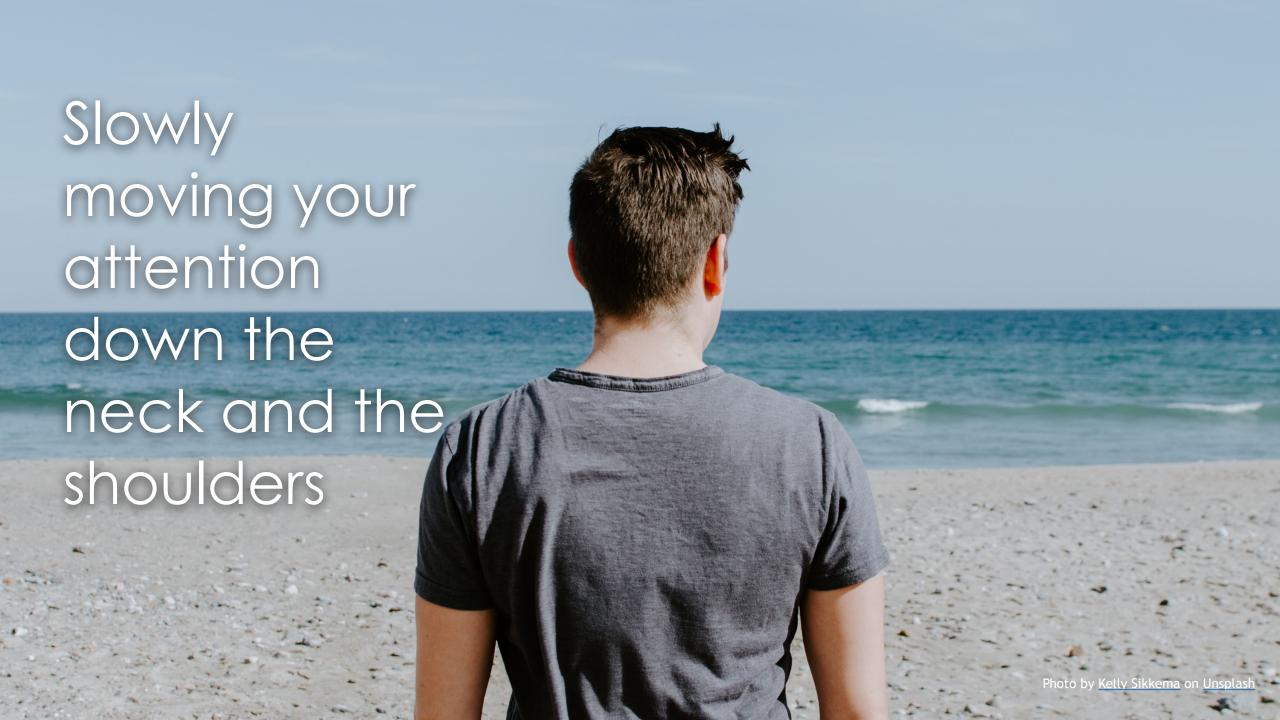
Bringing your awareness to the muscles in your jaw and the muscles around your cheeks



letting go of any unnecessary tension

Softening where you can

just resting



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



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

Basics of mindfulness and learning how to practice mindful breathing