

Bringing it All Together

Part 14.2

GUIDED MEDITATION:
Open Practice



If you wish to take a few deep
breaths you can do so.



Maybe giving yourself permission
to just explore this meditation.

Letting go of any expectations of
what should happen in this session.

notice where your mind is

What are you paying attention to?

bring your awareness to the
feeling of the breath,

tapping into the raw physical
sensations

practicing the body scan and
just moving through the body,

being aware of different parts of
the body piece by piece

keep bringing your attention
back and asking

“What am I paying attention to?”

“Where is my mind?”

“And how am I relating to
what's arising?”

No matter where you are, just
seeing if you can practice and
non-judgmental awareness.

Just observing.

Being patient and kind towards
whatever arises.

The moment you realize that
you've been lost in thought,
seeing if you can acknowledge
it without judging yourself.

coming back to the present
moment patiently with
gentleness just returning to
whatever object of meditation
you have chosen to work with

the breath or the body, sounds
or thoughts and feelings

Noticing how are you relating to
your experience?

Is there anything that you are
judging?

Just practicing this calm
equanimity.

Whenever you are unsure of
what to do you can always
bring your attention back to the
feeling of the breath.

Just tapping into your direct
experience of the present
moment.

Is there anything distracting you
in this moment?

allowing your attention to go
observe what is distracting you

Non-judgmentally observing the
present moment.

let go of any meditation
practice

let go of mindfulness and just
allow your mind to wander

Allow your mind to do whatever
it wants.

And then we'll take a deep
breath in to end.

Breathing in deeply

breathing out slow

A close-up, low-angle shot of a person's face, focusing on their eyes. The person has dark, curly hair and is looking upwards. The left eye is in sharp focus, showing a clear reflection of a landscape with a blue sky, white clouds, and a body of water. The right eye is partially visible and slightly out of focus. The lighting is soft and natural, highlighting the texture of the skin and the intensity of the gaze.

In your own time allowing your
eyes to open.

A close-up, low-angle shot of a woman's face, looking upwards. Her eyes are a striking golden-brown color. The left eye is in sharp focus, showing a clear reflection of a bright, open landscape with a blue sky and white clouds. The right eye is partially visible and slightly out of focus. Her dark, wavy hair frames her face. The lighting is soft and natural, highlighting the texture of her skin and the intensity of her gaze.

Coming back into the room.

Next Video

The Obstacle of Doubt and Self