Hello and welcome to our final day of meditation. Today we're going to practice mostly an open meditation period. So, I'll be offering a little bit of guidance, but for the most part you'll be on your own.

So, when you're ready to get started, go ahead and close your eyes.

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.

And so notice where your mind is.

What are you paying attention to?

You can bring your awareness to the feeling of the breath, tapping into the raw physical sensations.

Or perhaps practicing the body scan and just moving through the body, being aware of different parts of the body piece by piece.

Just 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.

And then 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. Alright now it's like this.

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?

And allowing your attention to go observe what is distracting you.

Non-judgmentally observing the present moment.

And then for the last few moments of this meditation is 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

and breathing out slow.

In your own time allowing your eyes to open.

Coming back into the room.

Great work on this last meditation and there's one more video left for you.

So, whenever you're ready, I’ll see you in the next video.