

Returning Your Attention To The Present

Part 3.2

GUIDED MEDITATION: Coming Back With Patience



find a
comfortable
seat


A woman with long, dark, wavy hair is shown in profile, looking upwards with her eyes closed. She is wearing a dark top and a large, ornate earring. The background features a sandy beach with dunes covered in dry, brown vegetation under a bright, overcast sky. The overall mood is serene and contemplative.

you can allow
your eyes to close

Photo by [Amandine Lerbscher](#) on [Unsplash](#)

A woman with long, dark, wavy hair is shown in profile, looking upwards and to the left. Her eyes are closed, and her expression is serene. She is wearing a dark top and a large, ornate earring. The background is a bright, sunny beach with sand dunes and some sparse vegetation. The overall mood is peaceful and contemplative.

Just spend a
moment settling
into your posture
and your position.

A woman with long, dark hair is shown in profile, facing left. Her eyes are closed, and her expression is serene, suggesting she is in a meditative state. She is wearing a dark top and a large, ornate earring. The background features a sandy beach with a dune covered in dry, golden-brown vegetation. The sky is bright and clear. The overall mood is peaceful and contemplative.

begin this
meditation by
taking a few
deep breaths


Breathing in deeply

breathing out slowly

Breathing in deeply

breathing out slowly

And doing a quick check in with
your body



Checking in
with the
muscles in
your face
and muscles
around the
eyes

Photo by [x \)](#) on [Unsplash](#)

Checking in
with your jaw
and your neck
and your
shoulders and
just allowing
these areas to
soften.



Giving yourself permission to be here
without having to go anywhere else
or accomplish anything.

Just learning to rest in the present
moment

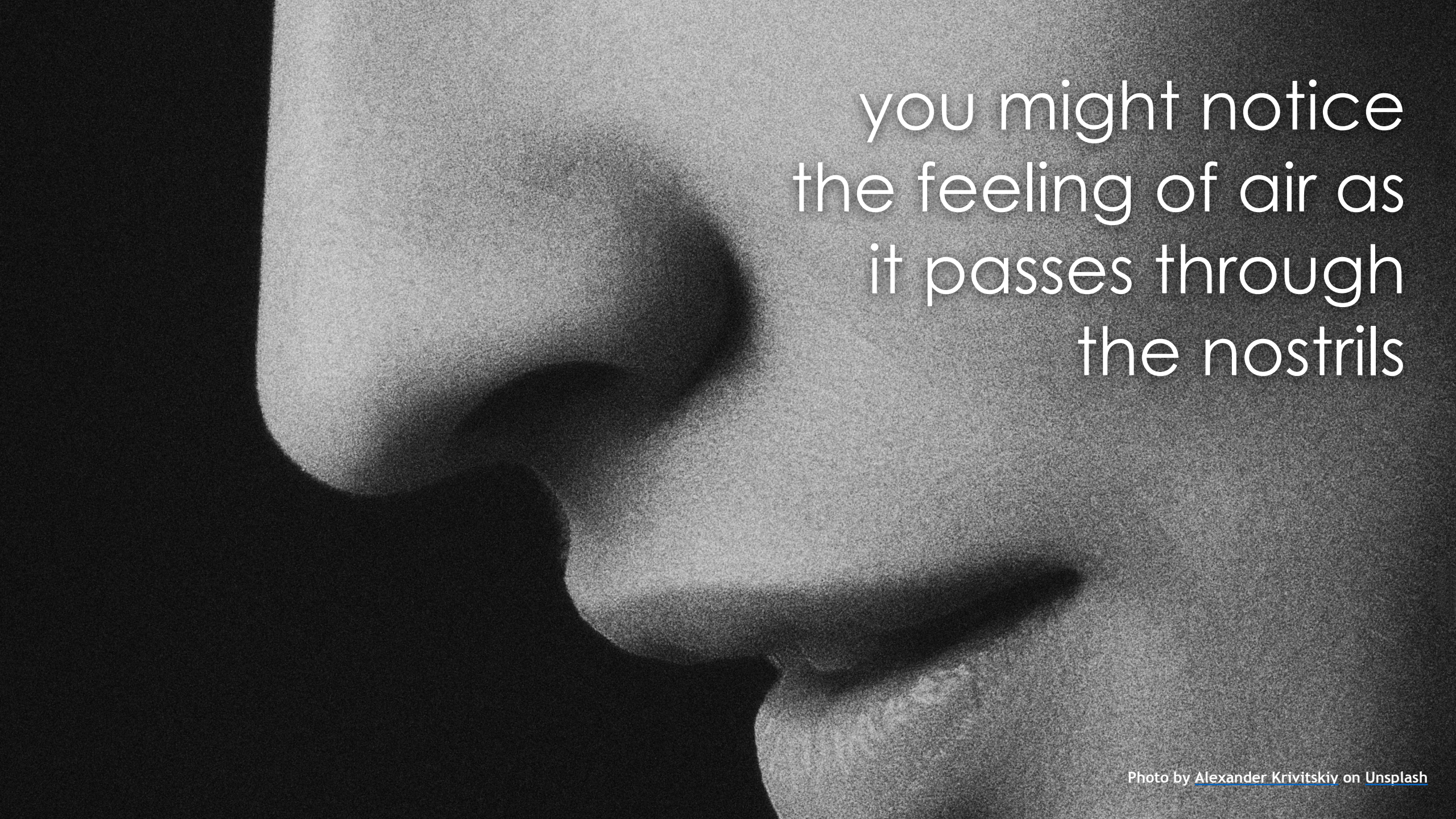
Setting the intention to get to know
your experience

Really observe what's going on
without judgment

You can bring your attention onto the feeling of the breath in the body.



Just noticing
where you feel the
breath the most



you might notice
the feeling of air as
it passes through
the nostrils

the subtle expansion and
contraction of the chest

the rising and falling of the belly

Just choose a place that is most
obvious to you

Just choose a place that is most
obvious to you

Just choose a place that is most
obvious to you

use this as your anchor spot,
the spot that you can come
back to

use this as your anchor spot,
the spot that you can come
back to

just tuning into the physical sensations

the raw texture of the breath

bringing your mind down into your body

and just noticing the movement
of the breath

And eventually you'll notice your mind has wandered off from the breath and you've gotten lost and thought.

just acknowledging the
wandering mind

just acknowledging the
wandering mind

this is totally normal

Just acknowledging that the mind has wandered and then very gently, with patience, just bring your attention back to the feeling of the breath.

Reconnecting with the physical
sensations down in the body.

just watching the movement

Just watching how the breath
changes from moment to moment.

Noticing when your mind has gotten lost in thought and without judgment, without any self-criticism, just notice lost in thought.

bring your attention back
to the breath

bring your attention back
to the breath

Just notice where is your
attention right now

Just notice where is your
attention right now

Notice if your attention is
with thinking or getting lost
in the past or the future.

So often we go throughout our
life just lost in thought.

And so in mindfulness we're actually training the mind to learn how to recognize when we're lost in thought and then we can come back to the present moment training our mind in this skill of coming back.

Patiently bringing your attention
back to the sensations of the
breath and the body.

Just reconnecting with physical
senses that you feel.

It doesn't matter if you've been lost in thought for five seconds or five minutes,

each time we come back to the
breath in the same way, without any
self-judgement.

we can take a deep breath together

Breathing in deeply


breathing out slowly

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

when you're ready, in
your own time, you can
gently open your eyes

A modern interior scene featuring a white Eames-style chair in the foreground, a wicker basket on a wooden floor, a potted plant, and a cane chair in the background. The text "Coming back into the room" is overlaid on the left side of the image.

Coming
back into
the room

A photograph of a minimalist interior scene. In the foreground, a white Eames-style chair with a black base and wooden legs is partially visible. To its right, a large, round, light-colored wicker basket sits on a light wooden floor. Behind the basket, a potted plant with long, green, feathery leaves is in a black pot. In the background, a cane chair with a light-colored frame is visible. The scene is brightly lit, creating a warm and airy atmosphere.

getting back in to
your senses and just
take a moment to
again notice how
you feel.

Next Video

A Technique That Will
Help Us Build our Concentration