Hello, and welcome to the guided practice for day seven.

Today, we'll be practicing with equanimity.

So, go ahead and find a comfortable position, and when you're ready, you can allow your eyes to close.

We can start by just taking a few deep breaths.

So, breathing in deeply, and breathing out slowly.

One more time, breathing in deeply, and breathing out slowly.

And then, just allowing your breath to return to its natural rhythm, its natural pace.

And then, just picking up the mindful breathing practice, and tuning into the feeling of the breath in the body.

Just noticing the physical sensations of rising and falling.

Again, if it helps with your concentration, you can just use the short phrase, “rising” with every in breath, and then “falling” with every out breath.

Just paying attention to the feelings of the breath in the body, and having the words be very quiet in the background.

Rising, falling, rising, falling.

And to cultivate equanimity, we can just set the intention to practice acceptance of whatever arises in this meditation, to not react to anything with hatred, or judgment, or craving.

Just allowing things to be as they are, just setting this intention for this meditation session.

To not react, but to just observe and pay attention.

Keeping your inner peace, your inner balance.

So, whenever you notice that your mind is getting lost in thought, just gently acknowledge it.

Again, not judging it, not reacting to it with aversion, but just letting it be.

And then, you can gently bring your attention back to the breath in the body.

Just feeling the rise and fall.

Tapping into the raw texture of the breath.

Another way we can practice equanimity is by using the phrases.

Just the phrase, “Right now it's like this.”

And so, whatever arises, whatever emotions arise, whatever thoughts arise, whatever sounds, or body sensations, just noticing what arises, and then gently saying the phrase,

“Ah, right now it's like this.”

So, if you are noticing a distracted mind, or a wandering mind, just notice it.

“Ah, distraction. Right now it's like this.”

If you're noticing restlessness, or anxiety, just bring your attention to that, and acknowledge it.

“Ah, right now it's like this.”

Feeling the breath in the body, and allowing the breath to be as it is.

Right now, the breath is like this.

Bringing your mind down to the belly, or the chest.

Just tapping into the raw experience.

Notice, where is your attention right now?

What are you noticing in this moment?

And then, just bring up the phrase of equanimity: “Ah, right now it's like this.”

Using the breath as an anchor.

So, if you are ever completely lost in thought, or you just don't know what to do, you can always bring your attention back to the feeling of the breath.

How are you relating to your experience right now?

Are you judging it in any way, or having any aversion, or craving for any experience?

Just notice.

And then again, set the intention to practice equanimity, setting the intention to just accept the things as they are.

Whatever arises, can we just notice it?

And then, to end this meditation, we can take a deep breath in together.

So, breathing in deeply, and breathing out slowly.

Allowing your eyes to open, coming back into the room, and just connect with your senses; the sense of sight and sense of sound. Maybe check in with how you feel, start to move again.

So great work practicing equanimity.

Tomorrow, we're going to learn how to deal with thoughts, and we're going to practice a technique for bringing our awareness directly to the thinking mind.

So, now enjoy the rest of your day, and I'll see you tomorrow.