

Obstacle #2 - Distractions

Part 9.2

GUIDED MEDITATION: Focusing on Distractions







Breathing in



Breathing out

Photo by [Motoki Tonn](#) on [Unsplash](#)



Breathing in



Breathing out

Photo by [Motoki Tonn](#) on [Unsplash](#)

Allowing your breath to return
to its natural rhythm


practice letting things be as they are

letting the breath be natural

inviting your body to soften and relax



Allowing
yourself to
really sink
into your
seat, feeling
the weight
of gravity
pull you
down gently.



connecting
with the
feeling of
the seat
beneath
you



Just
noticing
where your
butt
touches
the seat or
the
cushion.

bringing your awareness onto
the breath



Just noticing the rising and falling



see if you can stay curious about
the breath



see if you can be curious about what
does the breath feel like in this moment




Distractions

“That which gets in the way of
your task, is your task.”

we can allow that to be the
new object of meditation

if we notice we're getting
distracted by a sound in the
environment, just allowing your
attention to go to sounds, and to
practice mindful listening.

A modern living room interior. On the left, a grey textured sofa with a dark blue cushion. In the center, a framed artwork with a grid of characters and a faint architectural drawing. On the right, a white modern chair and a round white table with a wooden leg. A white spherical pendant light hangs from the ceiling.

Noticing the sounds
outside the room,
and the sounds
inside the room.

Just paying attention to the raw
vibration of the sounds.

when there's no more sounds,
you can bring your attention
back to the breath.

If you're noticing that you're
getting distracted by some
sensation in the body

just allow your attention to
go to that spot

Wherever your attention goes, bring
your awareness along with it.

Whatever pulls your attention from
the breath, just allow yourself to be
aware of where it has gone.

Tapping into the raw sensations, the raw experience, whether it's sounds, or physical sensations in the body, or thoughts.

Wherever your attention goes,
allow that to be the object of
your meditation.

when the sensation, or the
thought, or the sound, is no
longer there, you can bring your
attention back to the breath

Just using the breath as an
anchor.



Keeping you rooted in
the present moment.

just allow yourself to be aware
of the thought

And then bringing your
attention back to the breath
whenever you need it.

Noticing the rising and falling,
staying with the subtle sensations
of movement.

take a deep breath

breathing in deeply, and
breathing out slowly

A young woman with long, wavy brown hair and light blue eyes is the central focus. She is wearing a white, lace-trimmed top and a gold ring with several blue stones on her right hand, which is raised near her hair. She has a soft, contemplative expression and is looking downwards. The background is a dense field of tall, green grass, with some stalks in the foreground slightly out of focus, creating a sense of depth. The lighting is soft and natural, suggesting an outdoor setting during the day.

allowing your eyes
to open.

Next Video

How To Deal With Strong Emotions in Meditation