**Dr. Jeff Brantley:** Hello, I'm Jeff Brantley. I'm happy to be here to offer some guided meditation, support, and encouragement to you to practice and discover for yourself what you already have, which is the power of mindfulness, which is—it could be thought of as—the awareness, the part of us inside that notices how things are. It's not about really creating mindfulness; it's more about recognizing it, how in any moment we notice. That's what these practices are intended to be, empowering, and promoting your own discovery of your capacity for wisdom and healing, really, whenever that's needed.

In this first short practice, I'll offer some suggestions about putting the attention here. It's always here in the present moment. When it helps to focus your attention on the sensations of your own breathing. You will hear me say some of these words in the meditation as well.

Remember, this is not a breathing exercise; it's an awareness practice. Letting your body breathe naturally, you don't have to control it, or manufacture any breath, just noticing the sensation is good enough, beginning to let your natural mindfulness begin to be a place you learn to trust, rest, and begin to experience how life can be from a mindful place.

You can be mindful in any position, but if you're sitting—I'm sitting—so I'll say a lot of the instructions just naturally from a sitting position, but you can be mindful walking, moving, sitting, lying down, standing, doing things in any situation. If you're sitting, let me encourage you to sit in a way that you're well supported and comfortable. We'll take about five minutes with this. You don't have to do any of it. These are just suggestions.

It's helpful if your feet are flat on the floor or at least not crossed over. Your legs aren't crossed because the weight of a leg gets distracting. You could do something comfortable with your arms and hands. Again, you can shift or move as you need to, checking to see if your head, your neck, and your back are in good alignment, and your eyes could be open or closed, whichever you feel more comfortable.

If your eyes are open, I recommend you—of course, you can blink—but I recommend you lightly rest your gaze at a point on the floor or the far wall, maybe the desk or table in front of you. The idea is don't look around for distraction, but lightly rest your gaze.

So letting yourself drop into awareness, if you haven't already. It could be as simple and natural as simply noticing the experience of this moment, how your body feels, the sense of heaviness or points of contact, or it could be the noticing of the movement of the breath in your body, sensation of the in-breath coming in and the out-breath going out. It can be very helpful to practice, really noticing, bringing mindful attention to each breath. Even a single breath can be very helpful in different situations, if breathed mindfully.

Then, as you pay a kind and light, really, a gentle attention at the place, you feel the sensation most easily, noticing how the in-breath sensation ends, a little pause, perhaps noticing the sensation of the out-breath, the chest contracting, the belly falling, air leaving the body, the mouth or the nose, or something else. It's a sense of a relaxed attention, welcoming and allowing whatever the sensation of the breath is.

If you find yourself noticing your mind is racing or thoughts are filling up, it's okay. You don't have to blank your mind. You don't have to control your thoughts in this meditation. You don't have to argue with them either or add to them. You can let them be. You canlet them go and gently, whenever you notice your attention is somewhere else, bring your attention back to this breath.

Gently, very gently, and tenderly, bringing your attention back just to this breath. That's good enough. You might have to do it many, many times. It's okay. This breath, this moment. The spirit is simply watching, gathering attention here in this moment, resting in awareness, welcoming the changing experience with a light attention on the breathing to help stabilize us. The breath sensation is a home base for our mindfulness practice here in the present moment. You can always come back to this moment with mindful attention to your breathing.

When you're ready, ending your meditation and bringing attention back to our meeting. Thank you.