To begin the practice, establish a seat that’s comfortable for you sitting in a chair, on a cushion, on the floor, on a bench. Settling into a posture that allows the body to be upright and also at ease, softening the belly, the chest, the face, the hands.

As the sitting posture takes shape, allowing activities to subside. Allowing the body to stop doing things...

And beginning to notice what’s here. ... What’s here in non-doing, what’s here simply as part of living, part of being alive ...

So perhaps noticing the body itself. The experiences of the position that you’re sitting in. Sensations in the body, perhaps sensations of contact between the body and the chair or the cushion or the floor...

Perhaps experiences of temperature warmth or coolness.

Noticing that these experiences are here already. Don’t require any doing. Just noticing...

Possibly there are sounds ... to be aware of. Bringing attention to whatever soundscape is available in this moment, gently listening. There may be ambient sounds. There’s a sound of my voice. In moments just quiet, noticing quiet. And perhaps in moments hearing the sound of your own breathing or soft internal sounds that the body makes...

Simply hearing and knowing that hearing is happening...

Tuning in, to the experiences that are already happening, happening by themselves. Another possible set of experiences that may come to the fore, is the rhythmic movements the subtle processes of breathing in and breathing out.

Perhaps sensing the swelling of the belly with the inhalation, and subsiding of the abdomen as the breath leaves the body.

Or maybe you feel your breathing more in your chest, or in your nostrils. Connecting with the breathing however it’s happening, wherever it’s available to be known...

Noticing in a moment to moment way.....

Simply sitting and knowing that sitting is happening.

Aware. Connecting with the flow living these moments.

Nothing in particular you have to do right now....

It may be that one or another of the experiences that have been described so far seems more apparent, more available, for noticing.

Perhaps choosing to emphasize, one or another of these experiences.

Settling the attention with sounds, or with body sensations, or with the experiences of breathing.
Anchoring the attention by choosing, one or another of these experiences, as a place for resting the attention, for gathering the attention.

Just sitting. Taking support from the anchoring experience you’ve chosen. Support for being fully present. Support for connecting with the unfolding flow of moments, moment to moment...

Simply sitting. Connecting with the moments through the anchoring experience you’ve chosen.

Sounds or sensations or breathing...

And when you realize that the attention has, faded. Allowing that anchoring experience that you’ve chosen, to support you, in coming back. Coming back to the anchor, letting it serve as a touchstone.

Many other experiences that are not the anchor you have chosen, will likely arise during the sitting time.

Cultivating a sense of non-struggling in relationship with experiences.

Simply allowing all the experiences that are not your anchoring experience to fade into the background, be like the scenery.

Nothing important there, nothing you need to focus on.

Choosing to focus on the experience that you selected, sounds, or sensations or breathing.

Breathing in and breathing out...

Connecting the attention with the anchor you’ve chosen, sustaining that connectedness moment to moment.

Being with, the experience you’ve chosen...

And when the recognition that a disconnection from the experiences you’ve chosen has occurred, simply reconnecting. Gently directing the attention back, to the anchoring experience...

Coming back to the anchoring experience, again and again, remembering, and perhaps in the moment of waking up from distraction cultivating, a sense of kindness with yourself, or patience with yourself.

It isn’t necessary to perfect the situation.

It is helpful to explore non-resisting. To explore softening...

Simply allowing that anchoring set of experiences you’ve chosen to support...

Supporting, a deepening connectedness, a deepening awareness ... of the living, breathing, hearing, sensing ...

Perhaps if it feels helpful reminding yourself that there is no particular experience you are supposed to having. Practicing noticing the experiences that are already happening. The experiences that are happening anyway.

And recognizing the knowing. Knowing that knowing is happening. Knowing sound, knowing body sensations, knowing breathing. Moment to moment...
Some of the experiences that arise while sitting may feel challenging. There may be moments of recognizing resistance, or sleepiness, or restlessness. Moments of noticing wanting something else, or not wanting what is happening.

The encouragement is simply folding in these experiences into the practice. Recognizing them, ... knowing them as such. As moods, attitudes, or thoughts however they are arising. And taking support from the anchoring experience you have chosen, to help with the relating to the challenges, widening around the challenges. Recognizing that in addition to any challenge that may be coming up, there is also hearing sounds, or feeling body sensations or connecting with the rhythmic flow of breathing.

There’s no need to try to make the challenges go away but also no reason to hang onto them. Cultivating wakefulness...

Devoting this time to being present. Knowing that the anchor you’ve chosen is there to support you, to support you in navigating whatever other experiences beyond the anchor may arise.... ...

During the sitting practice, experiences of enjoyment, appreciation, happiness and peace may also arise in awareness. Noticing these as they occur. Recognizing with these pleasing experiences too, there’s no need to push them away, no need to hang onto them. Simply noticing them as they are, and continuing to allow the anchoring experiences you’ve chosen to support the steadying, stabilizing....

When peacefulness is present, noticing the sounds and the peacefulness or the body sensations together with the peacefulness or the breathing rhythms with that sense of peace as part of what’s arising.

Sustaining that relationship with the anchor, letting it serve as a touchstone, as a confirming quality, confirming that there is connectedness with the unfolding moment, moment to moment.... ...

Also, from time to time, reminding yourself, that caring for the situation is part of this process. If experiences arise that seem to call for some kind of adjustment, adjusting of the posture, or of the attitude, knowing that these kinds of tunings, fine tunings are part of the practice. Bringing your common sense to bear, in this living situation of sitting here, noticing.... ...

Cultivating a sense of spaciousness with what’s arising

Recognizing that the hearing of sounds happens in space, the sensing of body happens in space. The movements of breathing in and breathing out are possible because of space.

Space is the environment in which the sitting practice is happening.

The choice of anchor, whether sounds, sensations, or breathing is the choice of what to connect with, what to bring in, to the inner world of experiences.... ...

Simply resting, resting in awareness.... ...

Simply returning again and again to awareness with the anchoring experience you have chosen, as a support, for connecting and sustaining.... ...

In a few moments you will hear the toning of the bell. With that bell toning there’s an invitation to take hearing as your anchor even if it hasn’t been your anchor for the previous moments of practice.
Letting the attention take in the beginning, middle, and end of each tone

And as the third tone fades, recognizing that as the conclusion of the sitting practice. Beginning to adjust your posture, open your eyes, perhaps move and stretch in ways that feel helpful.

Remembering that you can bring the awareness that you’ve been cultivating into your day, into your life.

Continuing noticing even as the formal practice dissolves.

[Bell...]