

Hi everyone. Tonight I'll be teaching a type of meditation called Choiceless Awareness. Previously, we focused on a single anchor at a time, such as our breath, sounds around us, or physical sensations in our bodies. This type of meditation is known as a concentration practice. With Choiceless Awareness instead of having a specific anchor, our anchor is awareness of the present moment itself. Taking in our whole experience and just seeing what stands out to us.

We start by tuning into some specific anchors and then allow them to all come together at once. Because of this, some of the introduction may not be accessible to everyone, and if you'd like to focus on a different anchor during that time, that's totally fine.

[BELL RINGS]

As always, begin by finding a comfortable position, whatever that means for you. You may never be fully comfortable, but try and get as comfortable as you are able to.

If it's accessible to you and comfortable for you, begin by closing your eyes.

You may benefit from taking a few deep intentional breaths or putting a half smile on your lips. Just see what you can do to settle into the meditation.

Once you're settled in, bring to mind an image of yourself standing outside a house.

This house can look however you'd like, but on the inside it's divided into three separate rooms.

Next, picture yourself entering the house, and finding yourself in the first room. This is the room of breath.

First, focus on your breath. Remembering that there is no correct way to breathe or to focus on your breath.

You can notice movement in your belly, your chest, your nostrils, or other parts of the body.

You can focus on the length of the breath. Some will be short, others will be long, and others still will be somewhere in between.

You can notice how breath is cool on the in breath and warm on the out breath.

Or you can take all this information in at once.

When you're ready, leave this room and head to the second room. This is the room of sound. It doesn't matter if you hear sounds or not, or if the sounds you encounter are pleasant or unpleasant.

Just observe what it's like to tune into the sense of sound.

Some sounds may be far off in the distance. Other sounds may come from your house or the room that you're in.

Your body will likely be the source of some sounds as well.

When you're ready. Leave this room and go into the final room, the room of sensation.

What are you feeling in your body right now?

Notice the points of contact between your body and the surface you're sitting on.

What is the temperature of the room that you're in?

Can you feel the weight of your clothes or the texture of their fabric?

Now imagine all the interior walls in the house falling away. Leaving you in one large room. In this room, we're not focusing on a specific sensation, but allowing them all to coexist.

Take in all that's around you, the temperature of the room, sounds, and even thoughts that cross your mind, just letting it all be just as it is.

We're not focusing on one object, but clearly examining what sensations are in the present moment.

You may find that your attention drifts. First, you'll be focusing on your breath, and then sounds will enter, and you'll notice that, and then you'll go back to your breath. Just allow this to be however it is.

I'm gonna be quiet for a little while, but I'll return about halfway through the remaining time to remind you of your practice.

[Halfway Point]

We have about six minutes remaining in the meditation. You may have noticed that your mind has drifted into thought. This is totally normal and to be expected. If you have, gently redirect your mind to the present moment and begin again.

Beginning again is one of the most important parts of meditation, as well as all the other practices I'm teaching in this class.

[One minute remaining]

In a few moments, I will ring my bell three times to end the practice. When you hear the bell ring, gently bring yourself out of the meditation, taking as much time as you need to come back to the room and the moment.

[BELL RINGS THREE TIMES]

If your eyes are closed, you can slowly open them and return to the room that you're in, remembering that there's no report card. However your meditation went, is just how it went.

Thanks for your practice everyone, enjoy the rest of your day.