**ML.MT**  Teaching Script for Week 2

**Beditation Mindfulness Practice**

Please see notes on leading the Beditation Practice before you begin.

**Beginning by lying on your back with legs more or less straight** and feet falling outwards. We’re not curling up into the foetal position here! Rest your arms by your sides, or place your hands on the chest or the belly if that is more comfortable. Looking upwards, and allowing your eyes gently to close if you prefer.

**Now, taking a few slow, long, deep breaths** and on each outbreath feeling yourself relaxing into the ground and allowing all tension to drain away down the arms and legs and out of your body.

Feeling the full length of your body as it lies on the floor. **See if you can spread your attention evenly across the whole of the body** so that it’s not just gathered in the top half. It may help to move your feet and hands a little to draw attention right down into the legs and arms. As you let them be still again, allowing the arms and legs to have their natural weight and to relax.

**Sense if you’re holding any tension in the body:** in the jaw or tongue, in the neck or the shoulders, in the chest or the belly. If you notice tension in any of these places, you can practise breathing into them, consciously drawing your in-breath into these places and then on the out-breath really allowing the tension to drain away. **The intention is to allow the body to rest** – to allow the texture of the body to really soften and let go…..

**If you’re noticing that your mind is very active with thinking,** try taking your attention down into the feet. Really pay attention to all the sensations that you feel in the feet, almost as if you’re listening to them. Noticing the sensation in the soles of the feet…of the heels…and of the toes. Being interested in how feet feel from the inside.

And now, expanding your awareness to include the lower halves of the legs…and then the knees…and the top halves of the legs. Feeling what it’s like really to let the legs go so that you’re not holding any tension in them at all.

**Now doing the same for the hands and arms**: beginning by feeling the sensations in the hands, allowing the mind to explore all the different sensations that you’re feeling. Then extending this awareness into the arms…first the lower halves, and then the top halves… Allowing the arms to be heavy – really letting them go.

**Next, if you’re comfortable doing so, gently turning your attention towards the sensations of breathing.** Allowing yourself really to appreciate all the movements that make up your breathing: the expansion and stretching, and the letting go and collapsing. Allowing your out-breaths to be long and full.

**And now feeling the sensations of the whole body** as it lies here on the floor, breathing. You might notice how there are these moment by moment subtle shifts in contact and pressure as the body breathes. You might feel it through the contact of the back with the floor, for example.

See if you can stay with the full cycle of one breath after another. Each time you notice that your attention has wandered, bring it back to the sensations of your body lying on the floor and breathing.

And give yourself a break. **Remember the importance not just of curiosity, but of kindness.** If you find it difficult to be with the breathing, or don’t like it, then let your attention rest in the lower half of the body, or your hands; wherever you like. This is not a test.

When I ring the bell, allowing your eyes to open. In a moment, I’m going to be inviting you to get up. When you do this, please do so by rolling over onto one side and gradually making your way up from there, as this is better for your backs than sitting straight up.

*Ask them either to sit round in a circle on the floor or to go back to their seats.*

**Inquiry:** How was that? What did you notice? Did you feel that might help you to relax and to sleep?