**Breath, Body and Sound Practice**

1. Ring bell. So, taking the next few moments to just find a posture for you that gives you a sense of comfort yet wakefulness the same time becoming mindful of the various movements that you need to make to become relaxed and comfortable in your body.

2. **And as you’re doing this,** beginning to become aware of how this body is just naturally breathing itself. Taking a few moments to notice where you’re aware of the breath most in the body: the nostrils; the chest rising and falling or the belly expanding and contracting. Just noticing where the sense of breathing seems to be the strongest.

3. **And so as you become aware of this**, breathing in and just noticing the breath coming in, and breathing out and just noticing the breath going out, as it’s happening moment to moment. Being aware of the breath coming in on an inhalation, and going out on an exhalation. Just being aware of this simple inflow and outflow of the breath. And just letting it be, breathing in and breathing out. Just taking this part of the practice one breath at a time.

4. **In doing this practice,** it’s quite natural for the mind to wander off thinking about this or worrying about that, it could be a memory or a dream. When this happens, just take a moment to notice where the mind has wandered to and just bringing the focus back to your breath.

5. **And so now**, just allowing the breath to go into the background of our awareness as we begin to shift our attention now to include this entire body. Now we’re just being aware of sensations in the body. There may be sensations of heat or coolness shakiness itchiness tingling pressure pulses heaviness or lightness. There may even be parts of the body that feel pain. So as much as possible, holding this body in awareness and just being aware of the variety of sensations that seem to be coming and going, and just allowing, allowing and letting be.

6. **And in doing this practice**, we may even notice emotions arise, at times a sense of frustration or irritation a sense of boredom maybe anxiousness or maybe there’s calm. So being aware of where these experiences, your feelings are in the body. And again, just being aware of them without striving to change them or make them any different just allowing their presence and letting them be.

7**. Now, beginning to gently shift** from the sensations in the body and allowing that to fade into the background of awareness, and now in the foreground of awareness we begin to open our ears, bring awareness to our ears as we become aware of hearing. You may have noticed that even in between the silence there’s some sounds there. So just being aware of hearing sounds, rising sounds, falling just sounds. Sounds appearing and disappearing.

8. **And now beginning to switch** awareness from hearing now as we come back. To breathing in and breathing out. And in a moment you will hear the sound of a bell and that will sound the end of this practice. Try wiggling your toes and fingers and coming back into the room.

*Enquiry: What did you notice? What was your experience? How did it feel?*