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File 3a – Sunday morning guided meditation

So take a few deep breaths into the belly. Sink deeply into your body. Use any sensations you can to stay in your body as much as possible. Take your attention to the top of your head and feel the sensation on the top of your head however it feels right now, not how you'd like to feel or how you think it should feel. Feel the sensation of your eyelids on your eyes. And keep breathing into the belly.

Feel the breath going through your nostrils. Feel your tongue touching your palate, your mouth, your lips, your jaw and your chin. Feel your shoulders. Go to your left shoulder and go down your arm and feel your left elbow. Then go down to your left hand and feel your hand, and feel your thumb and each finger. Feel your whole left arm.

Then take your attention to your right shoulder and feel your shoulder. And go down your arm to your right elbow, then down to your right hand and feel your thumb, your first finger, second finger, third finger and your fourth finger. Feel your whole right arm. Feel both arms and both hands. You're in your body. You're nowhere else.

Take your attention to your chest and as you breathe in and out – and it's good to breathe in and out through the nose – feel the gentle movement of your chest as your body breathes. Then go down to your abdomen. This is the most tangible place in the body to really feel your breath, to be with your breath. You can feel your abdomen rising and falling as your body breathes. And the breath will naturally change; sometimes it will be very deep and other times it will feel very light. So allow the breath to naturally change. This isn't about controlling the breath. It's about realising that you don't need to think to breathe.

Feel your thighs, your left knee and your right knee. Feel your feet. Then take your attention to your spine and really feel your spine from the top of your spine down your back to the bottom of the spine. It's good to keep the spine straight without being rigid or fixed. Then again feel your whole body.

So each time you realise you're not in your body – you've been lost in thinking about somewhere else, and all thinking is of the past, your past experience – each time you realise you've been lost in thinking come back to your body, back to the rise and the fall of your abdomen with the breath.

So you'll need to do this again and again and again. You need to be prepared to do this for as long as you need to. And each time you come back to your body – to where you are right now – you're wearing down your mind.

So sit and watch. Watch that movement away from where you are right now. Keep your body as still as possible. This makes it easier to see the movement of the mind. And thinking is really just a movement away from now into time. Thinking creates this illusion that time exists.

