# Allowing and Letting Be Meditation

Coming now to settle into a dignified and wakeful position. Allowing your eyes to close and focusing your attention on your breathing…….

Watching your breath all the way as it travels into your body on the in breath, and all the way out as it leaves your body on the out breath……

Staying here with your breath for a little while as you settle into this meditation. If you wish, also allowing the sounds around you to just be in your awareness…….

There’s no need to reach for any sounds, just let them arrive and be aware of them, and as best as you can be aware of the stillness and silence behind the sounds.

5 breaths

In this practice we are learning to bring acceptance to our experiences. We are not trying to change anything, we are simply learning to be with whatever we find. This gives our experience more space to be in, and by doing this we may find a different way to relate to our experiences.

2 breaths

Now, bringing to mind something that is giving you difficulty………….

a worry, a feeling, a situation…………………..

Noticing as best you can what feelings are arising in your body…………

Giving your attention to those physical sensations, using your breath to help you take your awareness to whatever part of the body where you feel sensations most strongly…..….

Breathing with that part of the body on each inbreath and each out breath………….

Notice what it is you are feeling there. There may be a sense of resistance, of tensing or pushing away, or some other feeling…..

Keeping your awareness on this bodily sensation, say gently to yourself…..

’It’s ok, whatever it is, it’s ok, let me feel it.’ Staying with the awareness of these sensations and your relationship to them, accepting them and letting them be. perhaps repeating to yourself, ’It’s ok, whatever it is, it’s ok, let me feel it.’ On each outbreath allowing yourself to soften and open towards whatever it is you have in your attention, perhaps repeating ‘soften’, or ‘open’ to yourself with each breath out.

As we continue to sit, keep your awareness with these bodily sensations and how you feel about them for as long as they continue to pull for your attention. You may wish to hold both the sensations and your breath in awareness at the same time, breathing with the sensations. And when whatever it is is no longer pulling for your attention , simply allow your awareness to return completely to your breath.

And if, in the next few minutes, no significant bodily sensations arise, just pay attention to any sensations that you do notice in your body, whether they have a particular charge or not.

As we continue to sit for a few more minutes, if any sensations arise, simply watch the intensity of the sensation as it arises and falls, breathing into it as a way of bringing awareness to it, and as a way to soften to it. Whatever it is, it’s ok.

2-3 mins