Close your eyes and get settled in your chair. Begin by turning your attention to yourself in the room. Picture yourself in this space and start to take note of the places where you are coming into contact with it. Perhaps notice how it feels to be sitting in the chair, the sensations of the floor meeting your feet, or the pressure of your hands on your lap. Take a moment to ground yourself in the here and now by connecting to the room.

Now bring your focus to the experience of your own breathing. Notice what your breathing feels like in your chest or diaphragm, and in your mouth and nose. Focus on your breathing as it is happening right now, using your breath to help anchor you to the present moment. Your breath is always with you, so you can always use it as a reminder to pay attention to what is happening right now. Pause for a moment, and just allow yourself to notice your breath.

Now, expand your attention to notice any physical sensations you are experiencing. Pause for a moment, and allow yourself to observe any sensations that might be present in your body, without judging them as good or bad, or trying to change them in any way. Simply notice what is there with openness and curiosity.

Next, bring your attention to your own thoughts. Notice how your thoughts may shift from one topic to the next. Some thoughts may pass by quickly, others may distract you, and some of them may be very hard to let go of. Simply notice what you’re thinking, without trying to force a particular topic into awareness, or push away another. Try not to judge your experience as bad or good. If you notice yourself getting caught up in, or carried away by a thought, just acknowledge it, and gently bring your attention back to observing your thoughts as they occur. Allow yourself to watch your thoughts for a few moments.

Now, start to shift your focus to explore how you’re feeling. Emotions, just like thoughts, can fluctuate. In the course of a short period, you might feel anxious and then calm, angry and then loving, or sad and then joyful. Emotions come in waves, rising in intensity only to come back down. Simply acknowledge how you’re feeling in this very moment without trying to change your experience in any way. Allow yourself to observe your emotions, without judgment. Notice how they ebb and flow.

Now, continue to take note of your entire experience— how your body feels, what you are thinking, and any emotions that are coming up. If you notice that you’re trying to change your experience in some way, take note of that, and gently guide yourself back to simply observing. If you get caught up in a particular sensation, thought, or emotion, use your breath to anchor you back to the present moment, then return to the process of noticing your experience. When you are ready, start to bring yourself back into the room. Picture yourself sitting in this room and become aware of the places you’re coming in contact with. Begin to wiggle your fingers and toes and, when you are ready, open your eyes.