

Take a relaxed and comfortable posture. Begin to focus around the solar plexus, your chest area, your “heart center”. Breathe in and out from that area, as if you are breathing from the heart center and as if all experience is happening from there.

Begin by generating kindness toward yourself. Notice any areas of mental blockage, numbness, self-judgment, self-hatred. Let them be, just notice them. Fall behind them into the place where you can relax, and offer yourself clarity, presence, and kindness.

Say to yourself:

I have sometimes felt that life has fallen short. I have experienced not getting what I wanted, and getting things that I did not want. I have known the fear of not enough, of exclusion, of failure.

Focus on your body.

Without comparison to others, or to the body in the past, or projection into the future, my body is enough in this moment.

If there is discomfort, I am holding it.

Spend a few moments appreciating all the body is doing in this moment: breathing, digesting, holding the sitting position, all the bones and muscles working together. The nervous system is functioning, all the senses: hearing, seeing, touching, tasting are working in harmony.

I am content in the body in this moment.

Focus on your emotional experience.

Without comparison to others, or to any emotional experience in the past, or projection into the future, my emotional state is enough in this moment.

If there are feelings, I am holding them.

Allowing both the pleasant and the unpleasant feelings to arise, have space, and return to emptiness just for this moment. They can come and go as they need to, I remain.

I am content with emotional experience in this moment.

Focus on your mind.

Without comparison to others, or to the mind in the past, or projection into the future, my mind is enough in this moment.

Whatever mental outflow is happening: thoughts, memories, images, planning, the inner voice going, I am holding them.

Allowing all mental outflows to arise and fall away, allowing the mind to come back into the moment and letting me know if there is anything that needs to be attended to.

I am content with the mind in this moment.

Nothing is missing in this moment, or in any moment. I am content.

Note that what causes stress is not in the moment, but comparisons to the past or projections into the future. Right now is always right now. Discontent is inherently not in the present moment.