

So welcome. What I will share with you today is called the three-point meditation. So let's experience it together. Please take a seat, or if you wish to do this standing, you can. But make sure you're comfortable. And the way I like to make myself comfortable is with a little bit of wiggling. Make sure the feet are touching the ground and my hands are sitting on my lap. It could be up or down, whatever feels right for you at this moment. I like to close my eyes and invite my students to close their eyes. If closing the eyes is creating any discomfort, just keep the eyes open, but lower the gaze, which really invites the nervous systems to calm down. So what I'm about to share with you this morning is called the three-point meditation. And we're basically inviting the mind to focus on three different points. And I will keep re-inviting you again and again to bring the mind to one point, later on, another, and then another. So with feet on the ground, hips nicely settled, or if you're standing, you're completely comfortable, gaze is lowered, or the eyes are closed. Our first point of focus, our first point of attention will be, where is the body in space? Using your senses, using the feeling of where the body touches the ground. Starting with your feet, feel sense where your feet are. Is there a foot that feels different than the other? Just notice what is.

There's no right or wrong here. Just notice maybe it feels the same. Feel sense where the lower leg are. And if you're sitting, feel sense which part of your thighs are touching the chair, which part of the legs are not touching the chair. So what are the points of contact? Still focusing on where the body is in space. How is the weight distributed between your right and left hip? Which part is touching the chair? And then scanning towards your back, depending on what kind of chair you're sitting, which part is touching the chair and which isn't. And if you're standing, simply feeling, sensing where the feet, where the legs are, how far apart the feet are. And if your mind wanders as I'm guiding you, please be kind to yourself. Know that this is absolutely normal. And re-inviting you to focus on the body, feel sense where the shoulder blades are. Are they touching the chair or not? Invite your shoulders to relax. Feel sense the warmth of your hands on your thighs. Maybe the space between the fingers. Is there any sensation in your hands as the hands are touching the body? Then traveling from your hands through your arms, are your arms touching your body or there's some space between your arms and the torso? Really inviting the witness to be present and just observe. As we're bringing the awareness through the arms back to the shoulder, imagine your shoulders are like hot wax, just relaxing, letting go. And now bringing our attention to the face, feel sense the space between your molars. Can you feel the space inside your mouth? You could even invite the lower lip, the lower jaw to drop ever so slightly to just get a sense of spaciousness. And imagine from the sole of the feet all the way to the crown of the head, with your eyes closed or the gaze lowered, where is your body in space? Now bringing our attention to our second point of focus, what are the sounds in this room? We're now going to bring all our attention to deep listening. Obviously there is the sound of my voice, but what are the sounds in the room you're in? And again knowing that the mind will wander, it is the nature of the mind, just inviting yourself to listen again, go back to sound. Can you hear any sound outside of the room you're in? It's as if we're bringing our consciousness, our awareness outside, any sound outside of the room. And gently coming back to the room you're in and coming back to listening very close to you. Sometimes when we settle for a few moments, we can hear the digestive system, it's like little gurgles. Or can you hear the sound of your breath? Is your body making any sound? And as I invite you to possibly listen to the sound of your breath, we're going to move to our third point of focus, bringing our attention to the breath. Can you hear the sound of your breath? Can you feel the movement the breath creates in your body? When you first inhale, where does that inhale start? And just being curious, just observing. Where does the in breath start? How far does it go? How does it travel? And when does it become an out breath?

Just observing what is. You are not controlling, forcing anything, just following your natural breath. What moves when you inhale?

And what moves when you exhale? And still focusing on the breath, can you feel the coolness of the inhale through the nostril? And some will also feel the warmth of the exhale just below the nostril. Cool inhale through the nostril and the warmth of the exhale just below the nostril. As we are playing with observing the breath, there's probably a sensation that creates more intimacy, more ease with observing the breath for you. It could be the sound of the breath. It could be the movement the breath creates in the body. Or it could be feeling sensing the coolness of the inhale through the nostril. So whatever creates more of a connection for you, know that this is something you can go back to anytime. And notice as you're paying attention to your breath, the rhythm might have changed a little bit. And as the breath rhythm settles, usually it invites the mind to also settle. So this was our three-point meditation. I'm going to invite you to rub the fingers together as if you're washing your hands really gently. And if that invites a yawn, that's perfect. And very, very slowly, if it feels good, I'm going to invite you to place the hands on your face. If you're wearing glasses, you might want to remove them first. Just soften the facial muscle. And slowly, when you're ready, opening the eyes. And this is the end of our three-point meditation.