

Rising and Falling - Transcript

Welcome to this session called rising and falling.

Sleep can feel impossible when the mind is racing. So I've designed this session to help pull your attention to sensation in your body.

We'll start this session with a brief body scan, and then we'll match up to the soothing with them to calm your thoughts and allow your mind off to sleep.

First, find a comfortable position. Close your eyes. Relax your jaw. And your lips.

Soften your forehead, and your eyes. Especially that small part we tend to wrinkle up when we're concentrating.

Relax your neck and your shoulders.

And as you breathe in, infuse your experience with a sense of space. As you breathe out, soften any unnecessary tension, or gripping. Feel your lower back, and your upper back.

And if there's any tightness, breathe into that area and invite a sense of softening. Relax your chest and your abdomen using your inhales to create a bit of space. And your exhales to create a bit of softness.

And sweep your awareness through your arms and your hands. Fully relaxing this area.

And finally bringing your focus to your legs and your feet. Feeling the full length of your body beginning to relax.

And now, place the palms of your hands on your belly and turn your attention to your breath. Begin to feel your breath moving in and out of your belly. Feel the belly expanding gently on the in breath, and falling back towards your spine on the out breath.

Feel it rising and falling, rising and falling. Hold your attention on the warmth of your belly. Breathing in, allow it to expand like a balloon. Breathing out, allow all the air to release. And just continue to breathe, keeping your hands rested on your belly, or if you prefer, you can gently move them by your sides.

And whenever you notice your attention has shifted from the breath, bring it back nice and gently.

Keep returning your focus to the feeling of the breath as it rises and falls in the belly.

Rises and falls, rises and falls. Rises and falls. Rises and falls. Rises and falls. Rises and falls. Rises and falls, rises and falls. Rises and falls. Rises and falls. Rises and falls. Rises and falls. Rises and falls, rises and falls. Rises and falls. Rises and falls. Rises and falls. Rises and falls. Rises and falls, rises and falls. Rises and falls. Rises and falls. Rises and falls. Rises and falls.