



MindfulLiving™ Module 7

Self-Compassion Mastery

Chapter 15 Resources: Sitting Meditation

Sitting Meditation Transcript

(Adapted by Shery Clein)

Welcome to this segment, which guides you through a sitting meditation, focusing on the breath as your primary object of awareness. Please ensure you're comfortable yet attentive, preferably sitting upright without leaning back for support. Find a quiet space where you won't be disturbed.

Posture & Awareness

Begin by sitting in a dignified posture. Let your head balance on your shoulders, with your arms and hands resting comfortably. This time is an opportunity to transition from doing and reacting to simply being. Bring your attention to what's happening within your awareness, right here and right now.

Breath Awareness

As you sit, start by noticing the sensations of your breath. Observe how your abdomen moves with each inhale and exhale, the air flowing through your nostrils, or the subtle movements of your chest and shoulders. Focus on where the breath feels most vivid for you—your abdomen, chest, or nostrils.

Pay attention to the entire breath cycle: feel the air coming in, filling your lungs and slightly extending your abdomen, then notice the air moving out. Be mindful of the pause between the in-breath and out-breath and between the out-breath and the next in-breath. It's all part of one continuous movement, even as the direction changes.

Mind Wandering

It's entirely natural for your mind to wander. You might think about your day, plans, or other concerns. When this happens, gently and without judgment, bring your awareness back to the sensations of your breath. Remember, there's no need to be hard on yourself—redirect your focus to the breath.

Letting Go of Control

Notice any tendency to control your breathing. Instead of forcing yourself to breathe, let your attention be light and easy. Imagine riding the waves of your breath—up with one breath and down with the next—without controlling its depth or duration.

Dealing with Distractions

From time to time, you may hear sounds around you—traffic, voices, or music. Allow yourself to notice these sounds without labelling or judging them. Experience sound as it reaches your eardrums. If your attention shifts away from your breath, gently return to it, using your breath as an anchor.

Physical Sensations

You may become aware of body sensations such as tension, discomfort, or aches as you sit. If these sensations draw your attention, consider two mindful responses:

1. **Shift your posture mindfully:** First, become fully aware of the sensation and set the intention to move.
2. **Alternatively, stay with the sensation:** Observe it curiously—what is its size, quality, or intensity? How does it change over time?

Cultivating Friendly Awareness

Whatever arises—thoughts, body sensations, or sounds—meet it with a friendly attitude. Notice where your mind has wandered, and gently return to your breath without judgment.

Celebrate Awareness

Each time you notice your mind has wandered, celebrate that moment of awareness. Recognise this as an opportunity to return to the breath, and congratulate yourself for noticing. Returning to the present moment is at the heart of meditation.

Closing the Meditation

As we conclude this meditation, take a moment to acknowledge the time you've spent intentionally aware of your moment-to-moment experience. You've nurtured your ability to be present with whatever arises. When you're ready, allow your eyes to open and permit yourself to stretch or move in any way that feels comfortable as this sitting meditation ends.

I appreciate your dedication to this practice. Please feel free to reach out if you have any questions or need support.

Warmly,
Shery Clein
MindfulLiving™ Coach
Nurturing Awareness Intelligence

Disclaimer:

This program is not a substitute for professional mental health care. Please consult with a licensed professional if you require mental health support.

