



## **Coming off autopilot and coming back home**

Welcome to the RelationKit mindfulness series. This practice will help you come off autopilot and come back home to the present moment.

So, finding your comfy posture now, sitting or lying down. If you're sitting check your back is upright but not tense, your shoulders are relaxing down, and your jaw is soft.

Allow your eyes to gently close if that feels okay - a sense of dropping inwards now and finding your breath there. Perhaps taking a few deeper breaths if that helps your drop in a little more or if you feel drowsy today, you are waking up now.

In this moment right here, you are stopping and turning your attention to what is occurring inside your body and mind.

So, noticing any thoughts that might be floating into your mind, or any feelings that may present themselves to you at this moment. Is there a specific mood or frame of mind you sense there, or maybe the mind is being taken towards any physical feelings inside your body.

You are now just watching anything that's going on inside the inner space of you, moment by moment. You are not looking for it to happen, it's just there already.

And you are not reacting towards or changing that inner experience - not making judgments or naming anything as good or bad, as so we so often do - we are just letting things be noticed and felt just the way they are right now.

And now, cast your mind down to your belly area and begin to pay attention fully to your breath there, feeling the rise and fall of your belly as you breathe, noting the physical feelings created by your breath here. Maybe the stretching of the skin on your belly as you breath in and the softening, the falling back, as you breath out.

If your attention leaves the breath and becomes distracted by thoughts or sounds in the distance, know that that's okay, there's no need to judge or give yourself a hard time - you just notice that that has happened, and you come back home to the breath in your belly. Just this breath flowing in and just this breath flowing out.

And now begin to expand your attention out like a camera lens broadening out to capture more of what's in front of it - you begin to broaden your awareness to include your whole body. A sense of your whole body lying or sitting here in this moment. And in this moment. You notice your posture, and you feel how your body meets the surface its rests upon. You tune into any physical feelings occurring within you. You are opening your awareness to all that is there, moment by moment, and breath by breath.

You are coming home to your body, coming home to your breath, and coming home to the present moment, just notice how you meet your inner experiences now.

Maybe it's with a clearer attention, a spaciousness of mind. Taking this fresh perspective out into your day.

When you feel ready, gently end your meditation and blink your eyes back open if they've been closed.

Take care till next time.