Instructions for the sitting meditation. The mindful awareness of thoughts, sensations, and emotions. In your formal practice sitting meditation, you are taking a seat right in the middle of your life. You are intentionally bringing yourself into direct and intimate relationship with the present moment and what is arising in it for you as much as possible without judging. In this recording you have the opportunity to expand your attention to explore body sensations, sounds, thoughts, emotions, and when you’re ready to open to all of these to the full range of events within and without as they move and change, appear and disappear in awareness. You are taking time to become more familiar moment by moment with who you are beyond all the wanting and having and doing. In a sense, this practice is a perfect expression of your own unique presence in the world. So it is helpful to come into this practice with a sense of kindness and care for yourself and to bring a dignity and nobility that befits your special status to the time, place, and posture of your sitting practice. Setting aside a regular time when you won’t be interrupted, in a quiet and comfortable place that can nurture your practice. And sitting, whether on a chair or cushion, with an attitude of confidence and stability. Not leaning into or moving away from anything. Simply present with and open to what is happening now.