

Pudsey's Guided Settling Practice



Settling

'OK... it is time to settle our busy minds.'

'Start by finding a comfortable position in your chair. Have a good wriggle and get comfortable but try not to slouch.'

Main Practice

'We are just going to settle our minds for a few moments. This is a very gentle practice where we just see if we can allow our minds to slow down a little. Remember, this is just another mindful experiment. We don't know what the outcome will be. We just stop and observe.'

'There is no problem if the mind does not slow or settle. We're just seeing what happens if we pay attention on purpose.'

'If you are feeling comfortable, how about closing your eyes? How is that? Is the mind really busy? Does it feel strange to have your eyes closed in class? That's OK. Just notice that.'

'Now, can you focus on the sounds around you in the room? How is it just to listen?'

(Allow a few moments of listening.)

'There's a lot of sound, isn't there? It can be really interesting to notice this and to just listen and focus on sound.'

'Can you now focus on the body sitting in the chair? Do you ever just stop and notice the body? How does the body feel right now? Is it comfortable? Is it relaxed? Is it itchy, jumpy or tickly? Just see if you can focus on any sensations in the body.'

(Allow a few moments of focusing on the body.)

'If the mind wanders, that's OK. Just notice that you are thinking or daydreaming and then focus again on the sensations in the body.'

(Allow a few moments of focusing on the body.)

Close

'Now we can open the eyes. Have a little stretch and allow the practice to close.'