

## **Mindfulness of the Truth**

Find a comfortable way to sit. Adjust your posture so that your spine is erect without being rigid or stiff. Allow the rest of your body to be relaxed around the upright spine. Rest your hands in your lap or on your legs. Allow your eyes to gently close. Bring full attention to the physical sensations of sitting still.

*Pause*

Allow your breathing to be natural. Bringing attention to your head, release any tension in the face, soften the eyes, and relax the jaw. Scanning the body slowly downward, relax the neck and shoulders. Feeling the rise and fall of the chest and abdomen with the breath, soften the belly with each exhalation.

*Pause*

Bringing the attention all the way down through the body to the places of contact with the chair or cushion, allow your body to be supported by the seat you're on. Feel the pressure and density of the relaxed upright body sitting.

*Three minutes of silence*

Begin to expand your attention to the whole mind and body. Know your experience as it is. When you become aware of the hindrances of sleepiness, restlessness, craving, aversion, or doubt, simply pay direct attention to the truth of these experiences.

*Pause*

What does it feel like in the body? Where do you physically experience restlessness, sleepiness, aversion, or craving? Is the experience constant or constantly changing?

*Pause*

If doubt arises, name it. Explore it. What does doubt feel like in your belly?

*Three minutes of silence*

Now investigate the factors of awakening: Is mindfulness present?

*One minute of silence*

Is the mind concentrated?

*One minute of silence*

Is the factor of investigation present?

*One minute of silence*

How is your energy and effort in this moment? Are you awake and present? Do you feel energized or lethargic?

*One minute of silence*

Is the factor of joy present? How do you experience the joy?

*Pause*

What kind of sensations are associated with joy?

*Pause*

What kind of thoughts arise in the mind when joy is present? Are you attached to these thoughts and feelings, or do you let them rise and pass?

*One minute of silence*

Do you feel equanimous with your mind and body? Are you at ease? Balanced?

*Pause*

Allow relaxation to arise. Right now, it's just like this, the way it is.

Relax around it, into it. Let it be and observe. Investigate and contemplate the truth of each moment as it manifests in the body and mind.

*Pause*

Remember to keep the intention of objective friendliness. Meet each experience with acceptance and curiosity: “So this is suffering; hello, attachment; hello, craving. You feel like a tightness in my jaw, a hardness in my belly, and an abusive voice in my mind.”

*Pause*

Or “So this is joy; welcome. You feel warm and embracing. Sweet and pleasant. My belly is soft, chest open, and jaw is relaxed.”

*One minute of silence*

We can welcome all the emotions, sensations, and truth of our experience in mindful awareness.

*Pause*

All that arises, passes.

*Pause*

There is nothing worth clinging to.

*Pause*

Let it all come, let it all go.

(Ring Bell)