
MtM Meditation Series
EXPLORING THE MOMENT

Let's start with a short warm-up and listen to **Scott Langston's Simply Be (1:40 Insight Timer)**. Following Langston's guided meditation we will continue on sitting and simply be for 5 minutes. The sound of the mobile phone will tell you when 5 minutes has passed.

As you know, this meditation series is called "Moment to Moment" meditation. But people are sometimes confused about "a moment." Is it long or short? Is there a specific time attached to it? Or is life simply one long moment?

The length of a moment really isn't the issue; although, a moment is based on psychological time not the tick of the clock. The idea is to simply focus on what's happening "now." In basic Mindfulness Meditation, we do this with a focus upon the breath. Tonight we'll look at that first, then move on to try two other techniques that can help you stay focused on "the moment." **Gateway to Presence, Tara Brach (10:30 Insight Timer)**

Mediating without using the I and my pronouns

The next two techniques use a form of private, internal, "commentary" meditation, where you silently comment on your experience in the moment. The first of these is a focus on the body and mind. You may feel a sensation in the body, and you can say, "There's a pain in the left shoulder" or "The body feels chilly." Use complete sentences and try to avoid using "I" or "my" (pronouns) in the sentence. Focus only on the momentary sensation. You can do the same with thoughts that arise. "There's that memory again." Just make your comments silently to yourself and return your focus to what will arise in the next moment. Don't notice anything? Fine, just turn following your breath until you do. **Silent Meditation with a Focus internally on Body/Mind Sensations (10:00)**

The same technique can be applied to the environment — what you notice in the room, as well as anything you notice going on outside the room. Without using the I and my pronouns in your private comments, you might say, "The furnace just kicked on" or "Someone just sneezed" or "A fire truck just went by outside." For this mediation make effort to notice the momentary things going on outside your body, and silently comment in complete sentences. **Silent Meditation with a Focus on Moments out on the Environment (10:00)**

For our final meditation, we will again do a silent meditation, with focusing on the present moment and the sensations that arise, whether it is body sensations or environmental sensations and making private commentary on the present. Again work at avoiding the use of the pronouns I and my in your private commentary. **Nature Sounds: The Ocean - Owen Jenkins (30:00 Insight Timer)**