

Begin by getting comfortable in whatever way that is for you. With your feet on the floor, throwing your stuff on the floor, or just feeling yourself being here.

I will start by ringing the bell and end by ringing the bell, so there is no question about when we are starting and ending.

*Rings bell*

Okay so I would like to invite you to bring your attention to being here. With a sense of curiosity notice what happens to you and your system.

What calls your attention first?

What lets you know you're here?

Some of you might notice something inside like your breath, or feeling your seat on the chair, or maybe even an emotion or a calming, or a thought, or even a body sensation that tells you that you are here.

For some of you, the first thing you might notice is something outside of you.

Maybe the sound of my voice, or the fan coming on, or even people talking in the room next door, or the feeling of the air outside of you.

Just notice, what calls your attention first?

What tells you that you're here?

*Long pause*

I invite you to notice any way that you are not quite here.

Maybe you are still feeling yourself on the highway driving, or something that happened to you on the way here, or a conversation that you had, or somebody at home, something you're afraid you forgot.

Or maybe there is some way you're in the future, thinking about what will happen today, what you have to do when you leave here, or something in the future that worries you or excites you.

Notice any way that you are not quite here.

How do you know?

*Long pause*

Now I am going to say some words. I am going to say them twice and I would like to invite you to notice what happens in your experience when you hear these words.

All parts of you are welcome here.

All parts of you are welcome here.

Just begin to notice any way those words landed and felt right or any part of you that tensed up and said, "No, that doesn't feel right." Just allow, whatever happens, to be here. Become curious about it.

In a moment, I will ring the bell. Take as long as you need and open your eyes.

*Rings bell.*

Feel free to take notes on your experience if you want to.