

Find a very comfortable seat.

Maybe, do some movement to reach to the moment of now. May do if: or neck swings side-to-side; or if jaw moves from one shoulder to the other, and back; or maybe with some shoulder rolls; or move the jaw softly, from one side to the other; to release all and any tension.

When Anyone is ready and very comfortable, close the eyes if still open, and see if Anyone can soften the gaze, even when eyes are closed. The tiny muscles around the eyes soft and relaxed, becoming softer and completely at ease.

*(pause)*

Take note how Anyone is feeling right now, don't judge. What Anyone feels, and where Anyone feels, is okay. . .

*(pause)*

Instead trying to avoid negative feeling and discomfort, through distraction with other thoughts; be at this moment, and accept where Anyone is and how Anyone is feeling right now. . .

*(pause)*

How Anyone is feeling now, is okay. . .

*(pause)*

Come back slowly, noticing surroundings, anywhere where Anyone is seating, observe if Anyone feels different now compared to before. Anyone may be feeling calmer, relaxed, or very present in the moment of now; or maybe not, and that is also okay.

When ready, may open the eyes once again.