



1 MINUTE MEDITATION

BY TARA BRACH

Estimated, Unofficial Transcript:

“This is a meditation guide from the New York Times. You're about to listen to a one-minute mindfulness meditation by Tara Brach, a psychologist and founder of the Insight Meditation Community.

Get comfortable and close your eyes.

Now listen.

Coming into stillness, take some moments to scan through your body and just see what wants to relax, to let go a little.

You might take a full, deep in-breath, filling the chest, filling the lungs, and a slow out-breath, feeling the sensations of the breath as you release.

And again a deep in-breath, and a slow out-breath, letting your breath then resume in its natural rhythm, opening to your senses, feeling the breath in the foreground and relaxing with the background of sensations, sounds, feelings, and life.”

ABOUT TARA BRACH

www.tarabrach.com

Tara Brach's teachings blend Western psychology and Eastern spiritual practices, mindful attention to our inner life, and a full, compassionate engagement with our world. The result is a distinctive voice in Western Buddhism, one that offers a wise and caring approach to freeing ourselves and society from suffering.

In 1998, Tara founded the Insight Meditation Community of Washington, DC (IMCW), which is now one of the largest and most dynamic non-residential meditation centers in the United States. She gives presentations, teaches classes, offers workshops, and leads silent meditation retreats at IMCW and at conferences and retreat centers in the United States and Europe. Tara's podcast receives over a million downloads each month.



Her themes reveal the possibility of emotional healing and spiritual awakening through mindful, loving awareness as well as the alleviation of suffering in the larger world by practicing compassion in action. She has fostered efforts to bring principles and practices of mindfulness to issues of racial injustice, equity and inclusivity; peace; environmental sustainability, as well as to prisons and schools.

In addition to numerous articles, videos, and hundreds of recorded talks, Tara is the author of the book **Radical Acceptance** and **True Refuge: Finding Peace & Freedom in Your Own Awakened Heart**. She has a son, Narayan, and lives in Great Falls, VA, with her husband, **Jonathan Foust** and their dog, kd.

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