



10 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 mindfulness meditation by Tara Brach, psychologist and founder of the Insight Meditation Community. It lasts for 10 minutes.

Before you begin your meditation, find a comfortable place to sit away from noise and commotion. Are you there?

Keep your back upright and your eyes closed. Now listen. As part of collecting and settling the attention, you might extend the in-breath.

Take a nice full in-breath ... and then a very slow out-breath, feeling the sensations of the breath as you exhale, relaxing outward, letting go.

And then again, an extended nice full in-breath ... slow out-breath, feeling the sensations with the exhale, releasing, letting go. ... Once more inhaling deeply ... exhaling slowly, relaxing outward, letting go, letting go. Just letting the breath resume in its natural rhythm ... very receptive, noticing the quality of the breath and the quality of your presence, the sense of here-ness, being right here.

You might take some moments to gently scan through the body. Just notice if there's areas of habitual contraction, tensing, places that might want to soften a bit, release.

It's helpful to check and sense the region of the brow, smoothing the brow, softening the eyes ... unhinging the jaw. You might sense a slight smile at the mouth ... perhaps letting the shoulders fall away from the neck a bit ... feeling the awareness inside the shoulders. Just noticing if there's a natural way of letting whatever's there kind of float in awareness, loosen, soften.

Let the hands be soft. You might sense an openness at the chest ... loosening down in the belly, let the belly be soft. You can feel this living body from the inside out, this breathing body.

Again sensing the quality of presence that comes with being right here ... awake, embodied.

Let your practice be very simple, just noticing when the mind's drifted off, and gently arriving again right here ... relaxing back ... sensing the aliveness of sensation.

For many choosing to rest with the movement of the breath, the sensations of the breath ... just to know that you're here, right here.”

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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