
Guided Instructions

Insight (Vipassanā) Meditation (15 Minutes)

SETTLING (~3 MIN)

Find a posture that is stable and at ease. Let the body settle.

Take three deliberate breaths — not forced, just intentional. Let each exhale release whatever you've been carrying.

On the third exhale, let the breath return to its own rhythm. You are not controlling it now. Simply arriving.

(Pause for 3–4 breath cycles.)

The mind is always constructing. Always assembling raw sensations into a seamless story of a self, moving through a world.

Vipassanā is not about stopping that construction. It's about seeing it clearly — noticing the raw material before the story forms. Sensation, before interpretation.

That's all we're doing tonight. Seeing what is actually here, before we add to it.

BREATH ANCHOR (~2 MIN)

Rest attention at the nostrils, or the upper lip — wherever you feel the breath most clearly as raw sensation.

Not the idea of breathing. The actual texture of it. The slight coolness on the inhale. The warmth of the exhale. The small pause between.

Each breath arises. Each breath passes. You don't need to do anything with that — just notice it directly.

(Pause. Allow roughly 4–5 breath cycles of silence.)

When attention moves away — and it will — simply return. No correction needed. Returning is the practice.

BODY SCAN (~5 MIN)

Now let attention begin to move. Starting at the crown of the head.

Not looking for anything in particular. Just resting briefly at each area and noticing whatever is present — warmth, pressure, tingling, numbness, nothing at all.

(Move slowly through: scalp — forehead and face — throat and jaw — shoulders — arms and hands — chest — belly — lower back — hips — thighs — knees — calves — feet.)

If you meet pain or discomfort, don't avoid it. Bring the same quality of attention you'd bring to anything else. See if you can observe its edges, its texture, whether it stays constant or shifts.

Notice too the feeling tone of each sensation — pleasant, unpleasant, or neither. Just that bare quality, before the reaction forms.

You are not trying to change anything. You are learning to see clearly what is already here.

And now reversing — feet back up through the body, all the way to the crown.

(Brief pause at the crown.)

OPEN AWARENESS (~4 MIN)

Now let go of the scanning movement. Let attention come to rest — not on any particular object, but as awareness itself.

Whatever arises — a sound, a sensation, a thought, an emotion — let it arise. Let it be here. Let it pass.

You don't need to follow anything. You don't need to push anything away.

(Pause. Allow genuine silence here — the longest of the sit.)

If you notice the impulse to grasp at something pleasant — just notice that impulse. It too is arising. It too passes.

If you notice resistance to something unpleasant — just notice that resistance. Same nature. Same passing.

(Another pause.)

The mind constructing, the mind reacting — seen clearly, from a little distance. This is what vipassanā points at. This is it, happening now.

CLOSING (~1 MIN)

In a moment I'll invite you to close. Before you do — notice the quality of awareness right now. Whether it feels different than when we began.

(Pause ~10 seconds.)

Gently, let mettā move outward — to everyone in this room, to those you love, and beyond. Letting the clarity of this sit soften into warmth.

(Pause ~10 seconds.)

When you're ready, let the eyes open.