

Insight meditation doesn't teach that life is unsatisfactory. It shows us, moment by moment, how the mind creates tension by pushing and pulling on experience. When we see that clearly, anicca, dukkha, and anattā begin to become more than ideas—they become patterns we can observe directly.

Vipassanā Practice: A 15-Minute Sit

Steve Lovinger | mindfulnessmeditationgroup.com | August 2026

Use this as a guide, not something to get perfect.

Timeline	Phase	What to Do
00:00 – 03:00	Settling	Sit comfortably, close your eyes. Feel the weight of the body. Take three deliberate breaths, then let the breath return to normal.
03:00 – 07:00	Breath Anchor	Rest attention at the nostrils or chest. Simply observe the breath as sensation—its rhythm, texture, temperature. When attention wanders, return gently.
07:00 – 12:00	Body Scan	Move attention slowly from the crown of the head downward to the feet, pausing wherever sensation is vivid. Observe without changing anything.
12:00 – 15:00	Open Awareness	Let go of any fixed focus. Let sounds, sensations, and thoughts arise and pass. Continue noticing whatever arises without holding on to any of it. Notice whether the sense of “the one noticing” feels continuously present, or whether it too changes, disappears, and reappears. If an impulse, intention, or reaction arises, notice whether it is already underway before there is any sense of deciding to have it.
Wrap-up	Close	Before opening your eyes, rest for a moment with the whole field of experience. Notice whether the mind and body feel different than when you began.

This practice can be used during the group or repeated at home. For a 30-minute sit, spend about 5 minutes settling, 10 minutes with the breath, 10 minutes scanning the body, and 5 minutes in open awareness.

For Discussion

During the sit, did you notice a moment when the mind was subtly pushing something away, or trying to hold onto something? What did that feel like in the body?

How much of the discomfort seemed to belong to the sensation itself, and how much seemed to arise from the reaction to it?

Did the sense of “the one watching” feel like a constant presence throughout the sit — or did it, too, seem to come and go?

Did you notice an impulse, intention, or reaction already underway before there was any clear sense of deciding to have it? What was it like to see that?

Did looking for the watcher or the controller feel unsettling or bring up resistance? If so, what did that resistance feel like?