If you're tired, the alert part might be more important. If you're tense and agitated, maybe the comfortable part is more important.

And then taking some time to establish an awareness of your body dropping into your body and getting out of a global awareness that spreads through your body in whatever ways easy. And within this global body taking a few long slow deep breaths using the long deep breaths as a way of establishing a stronger connection with your body.

And then letting your breathing returned to normal notice how you're feeling general away. You're feeling right now. be easy with how you're feeling.

If there's any way you can relax the feeling state that you have. You can relax or like enough soften.

And then establish his direct, direct connection as you can with breathing in and breathing out. And for this meditation session please use your breathing as the primary reference For how well you can stay present, stay in the present moment, stay connected, concentrated.

Feeling the fullness, full of physical experience of breathing in and the full physical experience of breathing out and then whenever your mind wanders away from the breath take A few moments to recognize which are the hindrances might have been operating to pull you away through your thoughts or concerns that primarily characterized by desire by aversion,
by slot, restlessness, anxiety or by doubt. Notice which of these, see if you can place your distracted mind into one of these categories and see which one operates the most frequently for you.

Notice what characterizes your wandering mind might not be a good fit to characterize and more by desire aversion sleepiness, tiredness, agitation, uncertainty, doubt.

And then when you notice, come back to your breathing and that's your breathing be the reference for staying in the present moment. When you're not with your breath Where has your mind gone?

Well can you stay with your breathing? What are the forces that take you away?

Which are the five categories of hindrances that characterize his mental state or the mood or the something about the way your mind gets distracted.

So in this meditation, which operated most frequently for you, desire, aversion, tiredness, restlessness, anxiety or doubt.