

Insight Meditation Center
Sunday sit with instructions, week 2
Ines Freedman
September 13, 2025

This will be a mostly silent sit. I'll say a few words for the beginning. Beginning here, now, in this body, this breath, knowing, sensing, observing, keeping it simple, if knowing, pleasant sensation, knowing it in a mind of not clinging, if knowing, unpleasant sensation, knowing it in a mind of not clinging, keeping it simple here in this body, not picking up any ideas or concepts just here. Simple.