

Freedom With Thoughts: Sitting Meditation

Ines Freedman

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So coming back here, take a comfortable posture and softly close your eyes. This sitting will be mostly in silence. I'll describe the first few minutes. Letting your body be at ease. If there's any obvious tension or discomfort, let yourself be at ease with that.

And begin with a few long, slow, deep breaths. And with each exhale, relaxing a little bit more, a little bit more deeply, a little bit more easily. And when you're ready, allow your breathing to return to your natural rhythm, however it may be, settling into the breath, settling into the body.

If thoughts arise, rather than entering into their content, we can become curious. What is this made of? Is it words? Images? Sounds? A felt knowing? Does it have a location? Observing how long it lasts. Does it stay for a while or vanish right away?

If it's strong and persistent, feel the physical sensations of thinking, maybe a buzzing in the head or pressure, allowing your attitude to be light, even playful, or not. We're becoming naturalists, studying this curious creature called a thought. And if thinking is not compelling, just allow yourself to return to the breath, to the body, just staying with the moment, with whatever arises.