Time and if you find yourself particularly challenged in meditation for whatever reason at all, it might be a good time to scan through your system and see if there's something it can be relaxed, for challenged often where it'll be tight or resisting or, you know, reactive to that situation. And so just look look through the system. What can I relax?

So certainly physically, but also, it might be able to do it emotionally, maybe there's some way in which the emotions themselves are a little bit wound up. And even happy emotions can be kind of wound up and a little bit too much. And so is there some way of not to avoid emotional life, but to soften around them. To be more relaxed around them and be relaxed with them and more challenging the emotions are, the more useful it's probably to look around the edges of them to see if can you relax? Ease up.

And then in the mind. Again, the more challenged we are and also kinds of personal ways, chances are they're more stress or tightness, contraction there isn't the mind. And so to look around for that tension and mental tension, and then relax, soften, and you know, the tension that's around the edges of your particular concern, or at the heart of it.

And I think of my brain as kind of a thinking muscle. And so, there's often some kind of tension, I'm thinking a lot or something associated with the area where I have my brain, sometimes the forehead, sometimes around the eyes, sometimes deep inside somewhere. And not so much focused on the concern. But what it's like to have the concern, the tension that might be there. And then can we relax? And I find it useful to relax on the exhale, the thinking muscle.

So as you here today, you might make a study of are there ways that you can effectively be more relaxed? Whether you're doing walking meditation, sitting, or just anything else you're doing here. Can you look for ways to do it in a more relaxed way? And in doing that, maybe that supports you. To settle in, to get concentrated, to be really here with your mindfulness.

And I hope you enjoy it.