Sit comfortably with whatever props you need to maintain a long open spine and comfortable ankles and knees…

Consciously root down into your sitting bones to feel a grounding and a taller spine. Notice how this enables a more natural flow of the breath. Have a sense of the head floating on top of the spine. Feel from the crown of the head down to the ground. Allow the shoulder blades to release down your back and bring your chin slightly down. Palms can rest in the lap or in a mudra on the knees.

Become aware of your present time experience. Notice the sensations of your body. Feel for any tension get to know what that feels like. Adjust your position if you like. Notice the sensations in the face. ..around the eyes and jaw. Shoulders, arms and hands. Chest and abdomen. Legs and feet. Notice the body move as you breathe. Let the body be as it is. Just get to know it.
Notice that your awareness can be quite separate from the body. It takes a while for the mind to come into the body, and away from its playthings of thoughts. This quality of separation is the quality of witness.
Take your awareness through your body again, from head to toe. Do this as the witness, just finding out what the body is doing. Take your time (pause one minute).

Now notice the sounds around you. Let them come to your ears, just as you waited for the body sensations to come clear.
There is no need to think of what makes the sound. Just listen.
Move your awareness from sound to sound.
Within the sounds, listen for the fluctuations.
Listen from all directions.
Start by embracing sensory events near to the body and then further and further out, even to the other side of the world.
Then bring your attention back with a soft focus, back to the body. Then move it out again.
Listen for the quieter sounds.
Listen for the beginnings and endings of the sounds.
Feel your awareness as the witness, just receiving the sounds.

Now take your awareness to the taste in your mouth.
Feel if it is stronger at the front or back or side of the mouth.
Deepen your awareness - can you taste your previous meal?
Can you taste what is in your stomach now?
Just notice.
Find ways to sense your taste with less effort.
The sense is already here.

Then to the smell in your nose. Be the witness.
Smell a little further. Out to the rest of the room
And then back to the nostrils.
Flex your sensory muscles.

Finally, notice the colours inside your closed eyelids.
Notice the depth of the vision - how far do you see?
How big is the field?
Let the vision be as it is, just notice.
What movement do you see?
Then bring your awareness back with a soft focus. Let the mind look around freely. Notice whatever the senses bring spontaneously to awareness.

Releasing from your focus now start to become more aware of the breath, your gentle inhalation and your gentle exhalation…...notice how they subtly move your body creating sensations as you breathe…..expand your awareness to include an awareness of your body, begin to sense your feet & legs, your hands & arms, your torso and head, your face, your whole body. Stretching out if you wish to do so…

Based on <http://www.saraswatiyoga.com/antarmouna.html> (accessed 15.09.14)