

Basic Guidance—5 Minute Meditation Practice

- Settle into a comfortable sitting posture—we sit in a “dignified” posture—straight but not stiff.
- Begin by closing your eyes...relax the eyes, soften them...soften the jaw...the shoulders...soften the belly....
- Become aware of your body sitting...sit and know that you are sitting...become aware of your posture.
- And, as you are aware of the body sitting, you might become aware of the body breathing....
- You might feel the sensation of the breath as it passes the nostrils...you might feel the movements of the chest or belly, rise and fall...(long pause)
- This is not a *breathing* exercise; it is an exercise in *awareness*, so there is no special way to breath...let the breath find its own natural rhythm...and simply be aware of the sensations of each breath as they present themselves....(pause)
- As you breathe in *know* you are breathing in; as you breathe out, *know* you are breathing out. (pause)
- As the mind wanders—as it will—as it gets lost in a thought or carried off in a daydream, as soon as you become aware that the mind has wandered, *notice that, reconnect with the breath, and simply begin again.* (long pause)
- Breathing in you *know* you are breathing in; breathing out, you *know* that you are breathing out...(pause)
- When you are ready, you can slowly open your eyes and you can reconnect with the world around you...
 - ...become mindful of what you are seeing...
 - ...become mindful of the little movements your body makes...
 - ...become mindful of what you are hearing. Be here now.