



## Mindfulness Meditation Guide

**LOCATION:** Choose a spot where no one will interfere with your practice and it's as quiet as possible. Use a cushion and place a few meaningful objects on a table in front of you (i.e. picture of someone who inspires you, a statue, candle etc.).

**WHEN:** You are encouraged to practice whenever and as often as you can! Many find the best time to sit is first thing in the morning. Besides a trip to the restroom, get to your cushion right away before your day gets going.

**HOW LONG:** Many want to know a specific length of time to sit each day. The correct amount of time is 24/7 as you bring your mindfulness practice into every moment of your life but for starters many find 10-20 minutes is a great starting point. Set a timer and place it behind you and don't look at it during the session.

### **POSTURE (Modified 7-Points Posture)**

1. Sit on a cushion. Legs crossed and spine straight. If needed a chair is fine just sit straight and don't use back of chair unless necessary.
2. Rest your hands on your thighs or rest the back of one hand in the palm of the other and let your thumbs touch lightly. Rest them three finger widths below the navel.
3. Straighten your spine like a stack of golden coins.
4. Shoulders back a bit with space under the armpits so you can take a full breath.
5. Gently tuck the chin.
6. Rest your tongue on the roof of your mouth gently and keep your lips slightly parted.
7. Gently close your eyes or keep them slightly open and gaze down about 3-4 feet in front of you.

## THE PRACTICE

1. Sit straight and enjoy a few deep full breaths (all breathing done through nose).
2. Let the breath return to normal and practice loving kindness for yourself and all beings by thinking "may all beings be well, happy, peaceful and at ease."
3. Tune into the sensation of the breath in the body.
4. To help settle in, practice 4-3-5 breathing (breathe in for count of 4. Hold for 3. Exhale for 5).
5. Allow the breath to return to normal.
6. Body scan. While staying partially aware of your breath bring your remaining awareness to your toes and slowly move up tuning into each part of the body up to the crown of your head.
7. Return to simply being aware of the breath moving in and out of the body.
8. It's normal that thoughts will arise. Simply notice the thoughts, and note to yourself gently "thinking, thinking" or perhaps "not now, not now" and return to awareness of the breath.
9. Just be simple and enjoy being with the breath and the body until the bell rings. Dedicate the Merit. Place your palms together in front of your chest, gently bow forward and think "may I and all beings be happy, peaceful and at ease".

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