

## Mindfulness Meditation Guide

- 1 Sit in a chair with your feet flat on the floor, your hands resting in your lap and your posture upright yet relaxed. If you're comfortable doing so, close your eyes softly. Otherwise, try to gaze at the ground ahead of you. Your head, heart, and stomach should be stacked one above the other. Perhaps you are noticing the pull of gravity in your jaw or shoulders, or the feel of your feet on the floor.
- 2 Bring your attention to your breath; notice it as you breathe in and breathe out. Don't force the breath in any way, just notice it as it enters and leaves your body. Perhaps focus on the sensation in your nostrils as you breathe or the rise and fall in your stomach. You might even place your hands on your stomach for a few breaths just to feel the movement of the belly as you breathe in and then out. Continue to bring your attention to your breathing.
- 3 Pause for a minute.
- 4 You might begin to notice that your mind is having some difficulty just staying with the breath. Perhaps you are thinking about something, notice a feeling of boredom or restlessness, or this or that. This is normal. Our thoughts naturally jump around like monkeys moving from tree limb to limb. The more we try to rein in our thoughts the more they will jump. Try to pay attention to your thoughts and how they change. Then when you notice that you are no longer focused on the in- and out-breath, you can gently bring your attention back to it. Perhaps you can do this each time you are able to notice that your attention has wandered from your breath.
- 5 Practice keeping your focus on your breathing for a while longer.
- 6 Pause for another minute.
- 7 Gently open your eyes when you are ready.