TEN STEPS TO MINDFULNESS MEDITATION

1 Create time & space.

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction

2 Set a timer.

Start with just 5 minutes and ease your way up to 15-40 minutes.

3 Find a comfortable sitting position.

Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.

4 Check your posture.

Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.

5 Take deep breaths.

Deep breathing helps settle the body and establish your presence in the space

6 Direct attention to your breath.

Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.

7 Maintain attention to your breath.

As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.

8 Repeat steps 6-7.

For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.

9 Be kind to yourself.

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.

10 Prepare for a soft landing.

When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

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