

## Mindfulness Meditation

### Mindfulness Meditation Instructions:

1. Sit in a comfortable position. Try to sit in the same place each day. Avoid positions that you might fall asleep in.
  - a. The back is long and supports itself.
  - b. Shoulders are relaxed downward, the neck is long, and the chin is pointing neither up nor down.
  - c. The face is relaxed.
2. Begin to breathe (preferably through the nostrils). Feel the belly rise, the ribs expand, and the slight movement in the collarbones and shoulders as the breath moves upward. Feel the exhalation.
3. Focus on one aspect of the breath:
  - a. The movement of air in and out of the nostrils
  - b. Or the lifting and falling of the belly
4. Watch that one aspect of the breath.
  - a. When the mind wanders, gently bring it back to the breath and the aspect you have chosen to watch.
  - b. Do this as many times as you need to.
  - c. There is no such thing as a good or bad meditation. (Good and bad are judgments, events in the mind—just note them and go back to the breathing.)
5. Start with 5–10 minutes and then increase the time until you can sit for 30 minutes.