KEEP YOUR PRACTICE GOING

A guide to meditation.

Take a couple of minutes to calm your mind.

STEPS

1 Choose a method. Pick one from this guide.
2 Set a timer. Choose the amount of time you want to practice. You can start small, ***even 1-3 minutes can help***.

3 Settle your body. Sit, lie down, or stand with a comfortable upright spine. Stretch and take a few deep clearing breaths.

4 Set an intention. Think of why you're doing this. Choose something genuine (e.g. developing peace, calm, focus, or awareness).

5 Scan the body. Move your awareness through the parts of your body. You can be as detailed as you wish. Feel its weight and notice where you can soften.

6 Practice. Use your chosen method. When attention drifts, gently notice and return.

7 Close with gratitude. Thank yourself for this time. Dedicate your effort to the quality you hoped to grow.

...by having done this practice may ___ come about

... by having done this practice may I become closer to being a person who is more at peace/happier/etc.

TWO TOOLS FOR THE MIND

These two mental factors support your mental training

Alertness notices distraction, sleepiness, or an unhelpful thought loop.
Mindfulness remembers what you were doing and brings you back.

Notice. Remember. Return. Repeat.

CHOOSE A MEDITATION METHOD

namaste

"the divine spark in me bows to the divine spark in you"

Body Scan. Move awareness through your body and feel its weight. Be as detailed as you wish. Drop the thinking mind into the body.

Awareness On The Breath. Feel the breath through the air going in and out of your nostrils, the movement of your chest/belly, or the overall sensation of breathing. Notice the inhale, exhale, and natural pauses without controlling them.

Counting The Breath. Connect your awareness to the breath. Then accompany the breath with the count - inhale 1, exhale 2, up to 10; then begin again at 1. Keep breathing naturally.

Inhale Peace / Exhale Relaxation. Connect your awareness to the breath. Focus on inhaling peace through your body and exhaling relaxation.

Attention To Sounds. Listen to distant sounds then to nearby sounds without analyzing them. You can alternate the order (e.g. first sounds nearby and then distant sounds).

Light and Kindness. Connect your awareness to the breath. Then imagine a warm seed of light at your heart representing the potential we have to develop peace, love and kindness. With each breath, let it grow through your body filling you up with these qualities. Then extend it to a loved one, a stranger, then all beings. Silently wish, "May you be happy; may you be free from suffering." Return the light to your heart.

Interconnectedness. After settling, analyze the many people and conditions involved behind a meal, room, or daily object. See how we all benefit from the efforts of others. Open to gratitude and connection and wish that your efforts also benefit others.

TAKE IT INTO DAILY LIFE

When studying, reading, or working, use your two mental factors (**alertness & mindfulness**) to notice when you get distracted and return to the task. When thoughts turn unconstructive, notice, pause and redirect toward a more helpful thought.