

Here's a traditional, easy-to-follow exercise to help Develop: Mindful Awareness, Calm and Quiet your Mind, and come into the Present Moment.

If you are a newcomer mindfulness practice, taking a kind attitude toward yourself is an important part of the process. For many of us, our minds are used to running very quickly in many directions, so it will take some time for the capacity for focus to emerge. As you approach your practice each day, coming to it with an open state of mind, without expectations about how it will go relieves the additional tension that comes with pre-judging the experience.

o Sit down in a room where you won't be disturbed.

o Close your eyes and focus your attention on your breathing and if you have chosen an object of meditation: something to look at, listen to, say.

o Become aware of yourself inhaling and exhaling (and if you are focusing on more than your breath) while you are looking, listening, silently saying.

o It's natural for your attention to become distracted from your breath. When your attention becomes distracted, don't judge yourself. Simply gently return to your in-breath and your out-breath.

This image can help. Imagine you are sitting on a train station and you are the station. The trains are your thoughts that you watch come and go.

You watch your thoughts come and go, like you are watching the trains, or like you are watching clouds go by.

o Practice the above steps until you've developed the ability to sustain focus on your breath or the object of your meditation.

Practice the above steps until you have enough of an ability to start to observe your thoughts, feelings, and beliefs and not get lost in them or believe they are necessarily the whole truth. true, They are thoughts for you to look at. You are developing a new place to stand: to observe whatever comes without judgment and without becoming them.

o From this place, continue to focus on your breath, and expand your focus to allow your thoughts, feelings, beliefs, and bodily sensations to enter your awareness, receiving all experience with an attitude of openness, curiosity, and love.

Start small to build your muscles, slowly and smartly. Choose a time: 5 minutes, 10 minutes, 20 minutes.

After you finish, take some time to observe how you feel now in your body, heart and mind

Enjoy,
Lynda

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