

LANDING IN MEDITATION

Arrive and land in the support of any type of meditation practice.

* ARRIVE

- ❖ Come to your Meditation Station: sit on cushion or chair; recline; incorporate any props or cushions, or any other posture that best serves you in meditating.
- ❖ Sustain your position while meditating. During meditation, adjust position as needed to prevent stiffness or tension. Make any adjustments slowly, gently, mindfully.

* BREATHE

- ❖ Place attention on breath.
- ❖ Breathe freely in a natural flow, unforced, in an organic cadence of inhale, exhale.

* BE

- ❖ Release expectations such as "emptying the mind" or "enlightenment". Instead, fill thoughts with breath. Focus on sensation of breath.
- ❖ Remain free of concern about right or wrong ways of "doing" meditation or how long to "do" it. Let time fall away for now. Simply allow yourself to be in the quietude of meditation.
- ❖ To shift out of meditation, heighten your sense to the environment around you, slowly open eyes to a downward gaze. Draw a few long breaths and gently move or stretch.
- ❖ Observe and acknowledge any effects of your mediation. Attune to any sense of being grounded, centered, or calm... any experience that landing in meditation holds for you, bring it with you in your state of mind, body, and energy.