

Mindfulness Meditation: Calm Abiding

This Mindfulness Meditation practice is in the lineage of Chogyam Trungpa Rinpoche (Buddhist master and leader; founder of Shambhala Center and Naropa Institute). It combines a contemporary, secular approach to meditation with the ancient practices and philosophies of Tibetan Buddhism. The foundation of the practice that is referred to as Mindfulness is *Shamatha*, a Sanskrit word that means 'calm abiding'.

"Your commitment is to be present. You're going to experience life as it is, rather than your expectations from the past or your desires for the future. You're going to relate with life in the fullest sense." -Chogyam Trungpa Rinpoche

Mindfulness meditation can be defined as learning to bring attention to present moment (through focus on breath) and the non-judgmental observation of what arises. When attention drifts, simply notice, and return attention to breath. The accumulative qualities this practice is known for cultivating are clarity, strength, and stability in state of mind and thoughts.

Mindfulness Meditation is simple and straightforward with three key steps:

1. Take your seat. Position alignment comfortably on cushion or chair. Place palms down on thighs. Lengthen spine, broaden chest, relax shoulders and face. Soften gaze downward, unfocused.
2. Place attention on breath.
3. When mind wanders or thoughts arise, simply label as "thinking", and place attention on breath. Continuously return focus to natural breathing.

Note: In a self-guided practice, a timer or chime can be helpful to define the start and end of sitting in Mindfulness Meditation. It is recommended to practice this technique at the same time every day, to condition the mind consistently. The duration of the practice could start with just a few minutes, and gradually increase to 20 minutes or more.

