

INDEPENDENT SELF-GUIDED MEDITATION PRACTICE

"meditation...is an embodiment of wise attention,
an inward gesture, a shift from doing to simply being." Jon Kabat-Zinn.

Basic steps

1. Reserve time in advance. Book it as an appointment with yourself. Show up for the appointment.
2. Create a comfortable, sustainable, well-aligned posture, upright or reclining.
3. Close eyes or soften gaze downward to diffuse still point to minimize visual stimulus.
4. Place attention on breath; connect to sensations of breathing.
5. Continuously return focus to breath awareness and sensations.

Tips for integrating meditation into daily life

- Designate a **space** for your meditation practice. It could be a permanently reserved area of a room, an entire room, or it could be as simple as a cushion stored in a closet that is for meditation only. The space may include candles, singing bowl, chime, clock or timer.
- Determine when in your schedule to block out **time** for your practice, and follow your own **natural rhythms to select your time** -- try meditating in the morning, in the middle of the day, and in the evening to notice the differences through the course of the day. Also try at different points through the week. For example: Mondays at 6:00 am, Wednesday at 8:00 pm, and Saturday at 10:00 am. Eventually you discover a flow through the week and day that is most comfortable and beneficial for you. Optimally, establish a time that is consistently around the same time each day to set that pathway neurologically.
- Create comfortable **physical alignment** for optimal flow of breath and energy and minimal internal distraction or interruption. Hydrate moderately in advance, avoid hunger or fullness, use the restroom, turn off mobile device ringer.
- Explore **different approaches** to your meditation practice to determine which type connects with you the most in any particular day. Mood, mind, body, or energy changes day to day, so the type of meditation can reflect the inner conditions of the day.
- Start with smaller amounts of time and increase gradually: 5,10, 20 minutes. Option to time yourself, or simply let go of time and follow an intuitive sense of how long.
- Always finish with a conscious acknowledgment of appreciation for choosing to meditate.
- Option to keep a journal. Following meditation you may want to note any awareness, ideas, or inspirations that arise.

