

SIMPLE MINDFULNESS MEDITATION PRACTICE

- Find a quiet place, free of distractions.
- Sit comfortably however you desire. Upright is ideal; however, you can lie down if that's your preference. Be sure your position is comfortable and won't create additional distractions.
- Begin by bringing your attention to your breath. Notice the sensation of your breath entering and exiting your body. What can you feel as the air moves through your nose or mouth? Is it cool? Warm?
- Pay attention to the rise and fall of your chest or abdomen as the air fills and then empties your lungs. Be sure you don't try to control or force your breathing, simply allow it to flow naturally and continue to observe it.
- Focus on your breathing for up to 5 minutes. Don't be alarmed when your mind wanders off. You will be distracted by physical sensations, your to-do list, things that happened yesterday, etc. This is normal. When you notice your mind wandering, gently remind yourself to focus on your breathing again. You may need to do this repeatedly and that's ok. It will get easier with each practice.
- When you have finished with your 5 minutes, you may notice a sense of peacefulness, calm, or even renewed energy.
- As you repeat this activity, you should consider increasing the time you practice from 5 to 10 or up to 20 minutes.
- Consistency is the most important factor so regardless of how long you choose to sit in this mindful state, making this practice a part of your everyday life should be the goal.
- 5 minutes per day is better than 1 hour once a week.