

## MINDFULNESS – SITTING MEDITATION

---

- In this meditation we're going to use our breath as an anchor for our attention. Before we start it is really important to let go of strivings, of goals, the idea of how we should do this to perform well. Simply allow yourself to do this exercise as you do it. Let go of the idea of right and wrong. Simply see how it goes.
- Now, first make sure your posture is active but comfortable. Sit straight, keep your shoulders relaxed and keep your head straight. Try to have a posture that signals dignity. If you want, you may now close your eyes. For a moment just become aware of how you are present in this room, how your body is represented in this room, how your body is connected to a chair or cushion. Maybe you notice how your feet are touching the floor or making contact with the floor. Simply notice. Maybe you notice any other physical sensations. Maybe you feel pain in your back or tension in your shoulders. That's okay. Just simply observe it without attempting to make it go away. Just notice your body as it is present right here, right now. Now let's focus our attention on the breathing. Notice how the air gets in through the nose and how your chest expands when you breathe in. Also, notice how it relaxes when you breathe out. You may also notice how your belly moves when you breathe. There is no need to control your breath or modify it, simply witness it as it naturally occurs. Breathing in and breathing out.
- Allowing yourself to be present in this moment. And sooner or later, often sooner, you will find yourself distracted. Maybe you get distracted by thoughts or sounds or sensations in your body. That is fine. That is just how your mind works.
- You can always turn your attention back to your breath and let go of distractions. So breathe in and breathe out.
- Rather than focusing in a rigid way, let your attention softly rest on the breathing. Do not force yourself. With an open and gentle attitude, follow your breathing.
- Every time you find yourself distracted, come back with a gentle attitude. Do not punish yourself. It is okay. It is just how your minds works. Always turn your attention back in a kind way. So breathe in, notice how the body reacts and breathe out.
- Where is your attention now? Is it still focused on the breathing? Or, is it elsewhere? If you're distracted, maybe you can notice where it has distracted you: a thought, sensation, an emotion, a sound, and then bring it back.

- Even if you find yourself being distracted many times, remind yourself that you are always the one who can turn your attention back. You have the power to do that. You can decide to come back to this present moment, simply by focusing on something that's occurring right now in this moment. In this case, your breath.
- Now if you want you may slowly open your eyes again. Come back with your attention, in this room.