

Meditation/Mindfulness Instructions

Meditation is not about trying to turn off your thoughts and emotions. It is about training your awareness and learning to observe your thoughts and feelings without judgment.

Basic Instructions:

- Sit comfortably in a chair
- Feet flat on floor, spine upright

- Allow your shoulders to soften and relax; place your hands in your lap
- Lengthen up from the base of your spine to the crown of your head, and soften your jaw and the corners of your eyes

- Take a few slow deep breaths to release the activities of your day so far
- And then allow your breath to return to normal

- Simply observe your breath as it flows in and out.
- Notice when the mind wanders and starts thinking, and gently bring your awareness back to the breath.
- You could say to yourself, “thinking”, when you notice your mind has wandered away and started thinking.
 - (Note: The intention in meditation is to observe your thoughts, not to think them!)

- Other techniques for meditation:
 - Use a word, or a classic mantra, offered by Swami Muktananda:
 - So Ham: “I am That” (Consciousness)
 - Ham Sa: “That I am”
 - Visualize/imagine the breath or the mantra coming in and out of your heart

- Every time your mind wanders, come back to your body, becoming aware again of your breath and follow it, or the mantra, as it flows in and out.

- Notice/observe any thoughts, feelings, or images as they float by ...
 - (Note: Researchers say we have 50,000-60,000 thoughts a day ... so it's natural for your mind to wander!)

- Meditation is training your awareness to stay focused, as you repeat this process of bringing your awareness back to your breath every time it wanders... over and over and over again. With curiosity and kindness. Patiently. Gently.

- Namaste.

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