

How to begin a daily meditation practice

Time & Place Set aside 5-10 minutes at the same time and in the same place daily.

Body

1. Take your seat, in a place where you can be **comfortably seated** and uninterrupted.
2. **Lower or close your eyes, or rest your gaze softly** on a neutral, still focal point.
3. **Still your body**, as much as you can comfortably do so. Don't make it rigid or a struggle, however. It's okay to move on occasion to maintain easy stillness, as needed.

Attention

4. Take a minute or two to notice what it feels like to be sitting. **Pay attention to the sensations of sitting**, such as contact with the chair, with the floor, the texture of clothing on skin.
5. **Now begin paying attention to the sensations of breathing.** Notice where in the body you can feel the sensations of the breath, as inhaled and exhaled take place. You are not trying to make the breath feel any certain way. Just tune in to the experience of the kind of breath you find, whether agitated, smooth or in between. Notice what it's like to attend to breathing.
6. **Wherever attention moves away from the breath, notice this too.** Simply recognize that attention has wandered and then turn attention back to the breath, without giving yourself a hard time. You may notice attention wandering a little or a lot. No worries, this happens to all of us.

Repeat & Succeed Repeat this process each day, setting aside any notion of having “succeeded” with the instructions. If you sit down and practice awareness of breathing each day, you have succeeded 100%!

