

BASIC BREATH MEDITATION

1.

Sit in a comfortable position.
See options on the following page.

2.

Keep your eyes slightly open,
your gaze resting on the ground several feet in front of you.

3.

Become aware of your breathing.
Breathe through your nose, easily and naturally.
Do not intentionally force your breath to be a particular way.

4.

Beginning at the top of your head and progressing
down to your feet, check in with your body.
Register areas of tightness, pressure or discomfort.
Take a moment to breathe into each area
and actively relax areas of discomfort to the extent you are able.
After the exhale, direct your attention back to the breath.

5.

In order to sustain your focus, at the bottom of the exhale,
mentally utter a single word or count from 1 to 10.
For example, breathe IN ... OUT, "ONE",- IN .. OUT, "TWO",
or breathe IN... OUT "CALM" etc.
If you are counting, when you arrive at 10, return to 1.
If you become distracted and lose count, simply return to 1.

6.

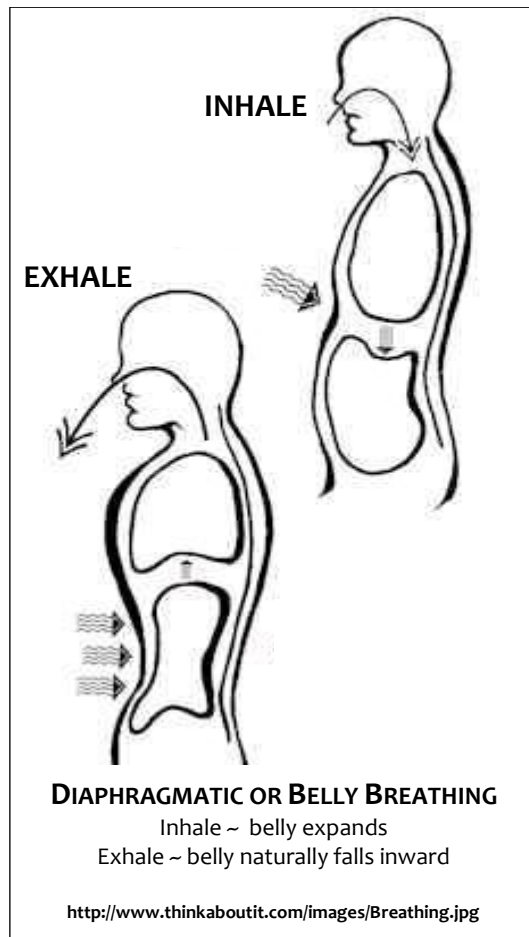
Meditate for at least 5 minutes daily.
As you are comfortable, lengthen how long you sit.
Over time, explore how it feels to sit for 20 ~ 30 minutes, even up to 1 hour)

Even one minute of quiet sitting is beneficial.
Do not worry about measuring the success of your meditation.
When distracting thoughts occur, which they will,
simply begin with a new breath.



If seated in a chair, sit forward on the edge of the chair with a sense of length in your spine. Allow your hands to rest in a comfortable position (on your knees or in your lap).

If you are seated on the floor you can sit with your legs crossed in Burmese, half or full lotus position. Optimally your knees will be firmly rooted on the ground, your hips elevated higher than your knees. Regardless of how you are sitting, feel your lower body rooted and firm, your upper body light.



<http://www.chikung-unlimited.com/Meditation-Positions.html>



Burmese



Half Lotus



Full Lotus



Kneeling/Seiza



Seated on a chair

