

Meditation Instructions

Basic Instruction:

"Knowing what is happening while it's happening."

The Importance of Relaxation

- A relaxed body and mind naturally lead to a meditative state
- Don't force yourself to concentrate; let awareness arise naturally
- When you notice tension anywhere in body or mind, gently note: "tension, tension, tension"
- Allow relaxation to happen; don't try to make it happen

Sitting Meditation

1. Find a comfortable sitting position. You can sit on a cushion, chair, or meditation bench.
2. Take a moment to relax:
 - Let your shoulders drop
 - Soften your facial muscles
 - Allow your body to settle
 - If you notice tension, note: "tension, tension, tension"
3. Start by acknowledging your present position with gentle mental noting:
 - Softly say to yourself: "Ah... sitting, sitting, sitting"
 - Keep this noting friendly and natural, like acknowledging a friend
4. Then bring your attention to the breath:
 - Notice the rising and falling movement of your abdomen
 - No need to control the breath; just observe its natural rhythm
 - You might note: "rising... falling... rising... falling"
5. When your mind wanders:
 - Simply notice that thinking has occurred
 - You can note: "thinking, thinking" or "wandering, wandering"
 - Gently return to observing the breath
6. Remember:
 - Maintain a relaxed, open awareness
 - Don't force your attention
 - Be curious about whatever arises
 - Keep knowing what is happening in the present moment

Walking Meditation

1. Choose a straight path of about 10-15 steps.
2. Stand still at one end and acknowledge:
 - Note gently: "standing, standing"
 - Feel the contact of your feet with the ground
 - Check for any tension and note if present
3. Begin walking slowly:
 - Note each step: "stepping, stepping"
 - Feel the sensations in your feet and legs
 - Stay with the experience of walking
 - Keep your body relaxed and natural
4. At the end of your path:
 - Stop and note: "stopping, stopping"
 - Turn mindfully, noting: "turning, turning"
 - Begin walking in the opposite direction
5. Throughout the practice:
 - Maintain the same gentle awareness as in sitting
 - Keep knowing what is happening while it's happening
 - Note any distractions or tension with the same friendly attitude

Important Reminders

- A relaxed mind and body are the foundation of meditation
- Keep the practice simple and natural
- Don't strain or force your attention
- Be kind to yourself when the mind wanders
- Notice tension as soon as it arises and note it
- The key is continuous knowing, not perfect concentration
- Let go of expectations and simply observe what is