

# A Simple Guide to Mindfulness Meditation *as led by Stephen Procter*

Take your meditation posture:

- **Focus attention on the 'feeling' of heaviness in your body**
  - Remember the 'feeling' of heaviness, do not forget it
  - Notice how the 'feeling' of heaviness becomes more clear to you
  - When you can remember this over time, without forgetting, move to the next stage
- **Focus attention on the 'feeling' of touch**
  - The points where your body contacts the floor, chair (or whatever)
  - Touch may be felt as hardness, pressure, tingling, warmth, coolness, (etc.)
  - Notice how this 'feeling' of touch, when remembered, settles down thinking
  - When you can remember this over time, without forgetting, move to the next stage
- **Become aware of your whole body**
  - Feel all the sensations in your body, the 'feeling' of your posture
  - Soften into these sensations using long deep breaths, sighing on the out-breath
  - As you relax notice any mental tension, behind the forehead, eyes and do the same
- **At this stage the mind will begin to settle**
  - Thinking will start to settle down, it may even stop
  - If thinking continues do not follow the thinking 'story' ... just come back to 'softening into'
  - Do not chastise yourself if you have any difficulties, be gentle in everything you do
- **As the concentration begins to grow, you may:**
  - Be less distracted by sounds around you
  - Feel more calm, centred, clear, experience a 'spaciousness' around you
  - When your attention no longer wanders, thinking has stopped, move to the next stage
- **Allow your breathing to happen naturally**
  - Stop controlling your breathing and allow it to happen naturally
  - As you do this your natural breathing will 'appear' to you
  - Gently notice the full breath, from the tip of the nose into the belly and back out again
  - Use a mental label to point your attention saying "in" and "out" with each in & out breath
- **Start noticing sensations in the breathing**
  - Pay attention to the sensations that 'tell' you that you are breathing
  - Breathing 'in' may be felt as: coolness, pressure (nose), movement (chest), expanding (belly)
  - Breathing 'out' may be felt as: falling (belly), movement (chest), pressure, warmth (nose)
  - Notice the difference between the sensations of the 'in breath' ... 'out breath' ... 'gap'
- **At this stage remember to:**
  - Notice the changing sensations, the full length of each breath, without a break
  - Notice when you are distracted, acknowledge it and come back to the breathing
  - Hold a general awareness of your body while observing the sensation of breathing within it
  - Develop mindfulness and concentration by 'remembering' your object of meditation
  - Soften into any effort, allow the end of the out breath to relax you deeper

Meditation is a mental exercise; if you exercise regularly you will get the results. Do not rush through these stages, you are developing a skill, if you become restless or sleepy you have progressed too quickly. Go back to an earlier stage until the mind settles, becomes clear, still before progressing again. The meditation progresses from gross to subtle to develop mindfulness, concentration and mental accuracy.

**Website:** [www.meditationintheshire.com.au](http://www.meditationintheshire.com.au) **Meditation in The Shire**

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