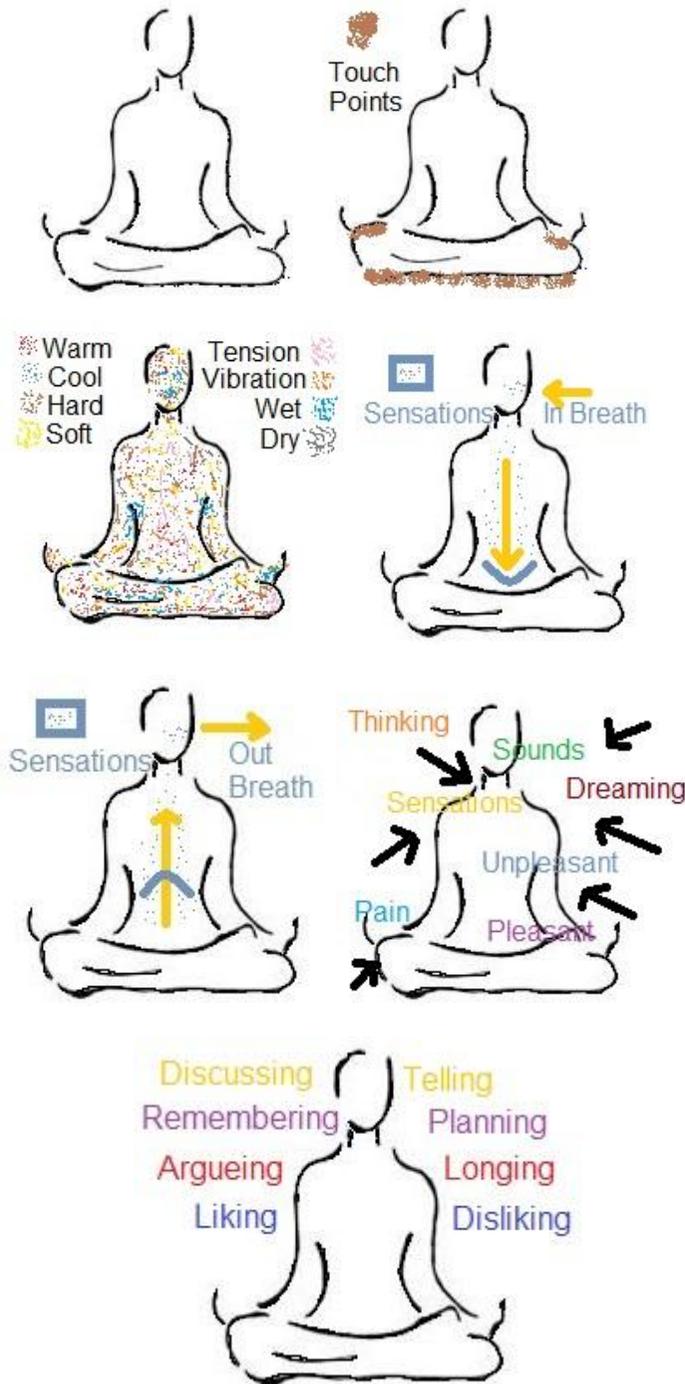


Meditation in The Shire

Mindfulness Meditation Instructions

1. Sit comfortably, start by being aware of the feeling of touch between your body and the chair or floor. This appears as a sensation of pressure / hardness.
2. Hold your attention on this feeling of touch and notice how your Mindfulness & concentration start to grow, thoughts settle down.
3. Widen your attention, be aware of all the sensations in your body. Use long deep gentle breaths into your abdomen, relax into your body every time you breathe out.
4. Do not rush relaxing, forget about time, obligations and the world, this time is yours. Do not think but soundlessly watch, ignoring past and future or any external distractions.
5. Once your whole body is relaxed start focussing on releasing any mental tension, relaxing with each breath out and practice softening, allowing your body and mind to sink deeper into stillness and peace .
6. As you relax, your breathing will appear to you, do not try to control it in any way. Be aware of the full length of each breath as it comes in and goes out - 'remembering' the breath is your Mindfulness training.



7. To help anchor your attention on the breathing use a simple label, silently say "In, In" as the breath comes in, "Out, Out" as it goes out. Use the labels to point your attention while you mentally 'feel' the sensations of each breath.

8. If anything draws your attention from your breathing like an itch, thought or sound, place your attention on the distraction and see what it feels like. Once its pull weakens, you can come back to placing your attention on the feeling of each breath as it comes in and out.

9. Whenever you find yourself distracted from the breathing, use a label to describe the distraction such as "thinking, thinking" "hearing, hearing" "itching, itching" or whatever the distraction is. Be careful to look at the experience itself rather than the content of the experience, when observing thinking do not focus on what the thought is about but on the feeling of thinking itself.



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Meditation in The Shire website
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