

How to Meditate- Stages of Development

by Stephen Procter

1. Take your meditation posture – standing, seated or lying down
2. Start being aware of the feeling of “heaviness” in your body, hold your attention on this feeling until your attention no longer wanders
3. Next bring your attention to the feeling of “touch” with the chair / floor, hold your attention on this feeling until your attention no longer wanders
4. Next widen your attention to feel the whole of your body, all the sensations in your body, start to notice any tension held within it
5. Use long deep gentle breaths into your abdomen, relax into the sensations in your body every time you breathe out, softening into your experience
6. Next notice any mental tension that you are holding, behind your eyes, forehead, inside your head. Use long deep gentle breaths, relax into it
7. Stay mindful of the feeling of “relaxing / softening into” that is produced with each breath as it goes out
8. When you have fully relaxed mentally and physically allow the breath to happen naturally, do not control it anymore
9. At this stage the natural breath will appear to you, do not control it in any way, just be aware of the full length of each breath
10. Use simple labels such as “in” with the in-breath and “out” with the out-breath to point your attention. Pay attention to the sensations associated with breathing in the beginning, middle and end of each breath

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