

# Mindfulness Meditation Instructions 1 / 2

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## Settling the Mind Section

1. To begin this Mindfulness Meditation practice to train your attention, take a meditation posture.
2. Close your eyes over gently, take a deep breath and as you breathe out - relax.
3. Gently place your attention on the feeling of heaviness in your body, remember it continuously to help you start to develop some concentration.
4. Next turn your attention towards the point in which your body is touching the chair or the floor.
5. It may feel strange at first but try to feel the different sensations of touch that are present. You may experience them as 'hardness', softness or 'pressing', 'heat', maybe 'vibration' or 'aching'. Whatever you are experiencing is ok, your task is to gently be aware of them, holding them in mind.
6. If your attention wanders off to a thought, acknowledge it and silently say "thinking, thinking", when the thought dissolves come back to the feeling of touch.

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## Softening Into Section

7. Next turn your attention towards any tension within your body, take a deep gentle breath in – then with a gentle, slow breath out, relax the tension, soften into it.
8. Take another deep breath in then wherever you feel tension within, let that relax as well, as you breathe out.
9. Focus on nothing else except relaxing with every out breath; allow your body to become heavier, moment by moment.
10. Do not rush relaxing, forget about time, obligations and the world. This time is yours, enjoy it and let go. During this technique do not think but soundlessly watch, ignoring past and future or any external distractions.
11. Once your whole body is relaxed start focussing on mentally relaxing, relaxing with each breath and practice softening, allowing your body and mind to sink deeper and deeper.

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## Mindfulness of Breathing Section

12. Now allow your breathing to happen naturally, not controlling it in any way
13. Be aware of the full length of the in-breath from *'nose > chest > belly'*  
Be aware of the full length of the out-breath from *'belly > chest > nose'*
14. Use a simple label such as 'in' and 'out' to point attention towards the breathing
15. Notice the sensations within the in-breath from:  
*'nose (coolness) > chest (movement) > belly (rising)'* Notice sensations within the out-breath from: *'belly (falling) > chest (movement) > nose (warmth)'*
16. If your attention wanders to thinking or a sound, acknowledge it with a mental label such as *"thinking, thinking"* or *"hearing, hearing"* and return to the breathing
17. Next notice the *'expanding / contracting'* feeling in *shoulders / upper back*
18. Then start to notice that you can feel the *'expanding / contracting'* feeling throughout your whole body, develop it until the whole body appears to breathe
19. Once the *'expanding / contracting'* of the breath becomes clear, start paying attention to only the out-breath – (contraction) following it to the very end
20. Notice the end of the out-breath and *sit 'in / relax in' the gap* between the in- breath and out-breaths
21. When the gap between the in-breath and out-breath becomes clear start to notice the end of the *out-breath > gap > beginning of in-breath*, allowing the gap between the breaths to clarify
22. 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.
23. You can use mental labelling to hold your attention in the present such as *"in, out"* concurrent with your breathing or *"thinking, thinking"* *"hearing, hearing"* *"itching, itching"* or wherever your attention is sitting. Be careful to focus on the experience itself rather than the content of the experience, an example of this is when observing thinking do not focus on what the thought is about but on the feeling of thinking itself.