

# Sitting Meditation

## *Mindful Sitting Meditation Overview*

**The objective of mindfulness meditation** is to pay attention to what is happening now, moment by moment, as your experience unfolds and to avoid getting caught up in our thoughts.

### Perpetration

**Set aside a specific time and place for your meditation.** Start with short duration of 5-10 minutes for beginners. Once you get used to that you can increase the time in 5 minute increments, but remember, longer time doesn't always mean better.

**Use a timer.** The best way to meditate is to forget about time and focus on now. You can either get a timer, or use a phone app, such Insight Meditation Timer.

### Sitting Meditation

- ◆ Sit on a cushion on the floor, or in a chair. Find a position where you are stable.
- ◆ Sit up straight, not too stiff, but not too relaxed
- ◆ Rest your arms on your thighs, and your hands on top of each other in your lap.

### Observe

- ◆ Let your breath come and go naturally
- ◆ Concentrate your attention as the air comes in
- ◆ Concentrate your attention as the air goes out
- ◆ Keep your attention as focused as you can
- ◆ If you lose track, simply return to watching your breathing

### Acknowledge

**To learn from our experience we need to observe and acknowledge.** See what is happening and take note. If we get distracted we can acknowledge and return to watching our breath.

Mindfully Acknowledge:

- ◆ Wandering? Acknowledge that your mind wandered, and return to your breathing.
- ◆ Thinking? Acknowledge that you are thinking, and return to your breathing.
- ◆ Distractions? Acknowledge that you are thinking, and return to your breathing.
- ◆ Feeling, hot, cold, or uncomfortable? Adjust, acknowledge, and return to your breathing.

### Assessment

The more you practice concentration, the more your mind will be accustomed to concentrating, and the benefits will start to be seen in other areas of your life. You'll see improvements in stress at work, problems you are dealing with, critical thinking, hobbies and sports, and even enjoyment of daily life!

**Concentrate, observe, and acknowledge:  
Allow the mind to see!**