

MEDITATION GUIDELINES

A QUICK HELPER

FIND A QUIET PLACE

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Where you:

1. Will be alone
2. Feel comfortable
3. Will not be disturbed
4. Will not feel "on display"

SIT LIGHT AND EASY

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1. Keep your back straight
2. Let your body hang from your spine like a ragdoll
3. Avoid slouching or leaning
4. Fold your hands comfortably in your lap

LET YOUR BODY RELAX

RELEASE ANY TENSION

RECITE WITH MEANING

ANY WORDS OF PREPARATION

USE **METTA** TO CLEANSE THE MIND
(LOVING FRIENDLINESS)

DON'T EXPECT ANYTHING

DON'T STRAIN

DON'T RUSH

DON'T CLING TO ANYTHING
AND DON'T REJECT ANYTHING

LET GO

ACCEPT EVERYTHING THAT ARISES

BE GENTLE WITH YOURSELF

INVESTIGATE YOURSELF

VIEW ALL PROBLEMS AS CHALLENGES

DON'T PONDER

DON'T DWELL UPON CONTRASTS

DON'T CONCEPTUALISE

DON'T VERBALISE

AVOID MENTAL COMMENTARY

AVOID THINKING

AVOID SINKING

REMAIN ALERT AND AWARE

IGNORE ANY THOUGHT,
MEMORY, SOUND, SMELL, OR
OTHER SENSATION

FOCUS ON THE BREATH

FIX YOUR MIND

ON WHERE YOU FEEL THE
BREATH TOUCHING

NOTICE

THE INHALE, THE PAUSE

THE EXHALE, THE PAUSE

BREATHE NATURALLY

DON'T TRY TO CONTROL OR CHANGE YOUR BREATHING

NOTICE

AS THE BREATH GETS SUBTLER

AND SUBTLER

WHEN YOU ARE COMFORTABLE
WITH YOUR FOCUS ON THE BREATH

ALLOW YOUR FOCUS TO MOVE AROUND
TO OTHER SENSATIONS IN THE BODY

NOTICE WHAT ARISES FROM

START TO FINISH

AND THEN RETURN TO THE

BREATH

SEEK PRESENT MOMENT AWARENESS

BY OBSERVING SMALLER

AND SMALLER SLICES OF TIME

READY?

TAKE 3 DEEP BREATHS

DON'T MOVE

UNTIL THE END OF YOUR MEDITATION

CLOSE YOUR EYES AND BEGIN

