

HOW TO DO MINDFULNESS MEDITATION: A CHEAT SHEET

Creating a favorable environment

A feeling of upliftedness and sacredness.

Decrease disturbances (i.e. noise, temperature).

Beginning the practice

Meditate frequently for short periods of time.

Create an intention each time before sitting.

(i.e. "I'm here to work on my mind. I'm here to train my mind.)

Posture

Keep an upright, erect posture.

Really inhabit the body.

Gaze

Choose to look downward just beyond nose with soft eyes or close eyes according to comfort in the moment.

Breath

With each breath, become more aware.

Return to the breath each time you wander off.

Thought

When we have a thought, no matter how wild or bizarre, we let it go and come back to the breath as many times as it occurs.