

# Bringing Mindfulness Meditation Home

Just sitting can help you handle the stressors in your life

“We tend to think of meditation in only one way. But life itself is a meditation.” — Raul Julia

Scientific studies reveal that regular meditation practice reduces the intensity of chronic pain and increases emotional resilience. By noticing our experience in the present moment, we learn to live more fully.

## How to practice mindfulness meditation:

### Sitting down and letting go:

Begin by sitting in a chair or on a cushion with your back straight. Relax into your sitting posture with a few deep breaths.

Now bring your attention to your body, noticing the areas that are holding tension and areas that are free of tension. Let go of judgment, inviting softness and ease.

Become aware of how it feels to be sitting. Sense the places in the body that are in contact with the chair or cushion, and notice that the whole body is sitting.

As thoughts arise, allow them to come and go, embracing this moment just as it is.

### Focusing on the breath:

Locate the area of the body where the breath is most clear. This may be the belly's rising and falling, or the nostrils' warmth and coolness.

Rest your awareness in this place. Feel the full cycle of the breath there, noticing the pauses in between.

To support your attention, say silently to yourself the words "rising and falling" or "breathing in and out." Do not seek to change the breath. Let it breathe itself.

Rest with the sensations of the breath from this one place in the body. Let all else fall away. Let this place be your anchor.

As you notice the mind wandering, softly give the thought or emotion a label, such as "a fearful thought," or "an anxious thought." Let it go, gently connecting again to your breath.

Keep anchoring: Easily. Deeply. Restfully.

Just one breath at a time...



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