

**Mindful Meditation Practice- find a quiet place where you will not be interrupted**

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- ❖ Set a gentle *vibrating* alarm (5 minutes or more); adjust time as desired
- ❖ Sit comfortably alert, with your back straight and relaxed
  - ❖ Position your hands as desired
  - ❖ Keep your eyes open or closed
  - ❖ Be Present, let go of time
- ❖ Notice the Sensations of simple movements: breathing, feeling, sensing
  - ❖ Enjoy the silence & stillness

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- ❖ In the moment, notice sensations in your body
- ❖ Notice your posture, your feet on floor, the chair supporting your back & hips
  - ❖ Breathe naturally, relaxed, at an unforced rate & depth
- ❖ Notice the sensations of simply breathing, flowing in and out
  - ❖ Allow yourself to feel balanced & grounded
  - ❖ Pause & breathe; feel what arises

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- ❖ In the moment, notice sensations in and around you
  - ❖ Let everything be, as it is
  - ❖ Don't react or change anything
  - ❖ Gently stop; drop into your body
- ❖ Witness your experience as a watchful bystander, however it may be: pleasant, unpleasant or neutral
- ❖ If a particular TIE catches your attention, let thoughts roll past your awareness like clouds on breezy day, or moving as frames, in a film

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<u>TALK/THOUGHTS:</u>	<u>IMAGES:</u>	<u>EMOTIONS:</u>	<u>SENSATIONS:</u>
mental chatter, incessant, compulsive thoughts, story narratives, stewing	mental pictures, daydreams, visualized scenes, fantasies	love, hate, fear, joy, sadness, anxiety, etc.	sound, touch, sight, taste, smell

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- ❖ Be in the—now
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- ❖ Let your breath anchor you in the present moment
  - ❖ Distracted by TIES?
- ❖ Return to your breath in a nonjudgmental, self-forgiving way
  - ❖ When the alarm vibrates, be still for a few more moments
    - ❖ Be aware of how you feel
  - ❖ Return to this peaceful space any time
- ❖ Mindful meditation is only a pause, a breath, a noticing of feelings, away— from whatever steals your peace

## PRECAUTIONS AND RECOMMENDATIONS FOR MEDITATION PRACTICE

In the beginning, intrusive, repetitive, or disturbing thoughts may make it difficult to sit still for even 5 minutes. Keep in mind that meditation is not about making things go away. It is simply the nonjudgmental process of staying present with whatever is happening moment by moment, pleasant, unpleasant or neutral. However, over time with regular practice such thoughts may become less distracting.

In learning meditation, one should be guided by teachers and practices that resonate authentically, are non-divisive, and instill feelings of support. Do not forfeit personal boundaries and safety for any teacher or teaching. Listen to your intuition and reason, and trust that the experience you are having is exactly what you need in this moment.

Leg and back discomfort can be a common concern. Do not strain the body. Sit in an alert and comfortable position. Remember that meditation is about openness and not about contracting the body into discomfort.

Meditation can at times uncover preexisting stressors or traumas, similar to peeling back the layers of an onion, revealing unpleasant underlying emotions. A professional counselor familiar with contemplative practice can help facilitate the healthy release of these emotions.

Be attentive and honest with your experience. In a compassionate way, attend to realizations and insights that arise from regular meditation practice. This may include journaling, creative expression, and talking with a skilled meditation teacher.

Including a gentle form of movement is encouraged, such as contemplative or mindful walking, walking the labyrinth, hatha yoga, pilates, nia, tai chi/qi gong, swimming, biking, etc. However, it is important to avoid striving and straining.

### THE EXPERIENCE: (TIES summary)

- ❖ **TALK/THOUGHTS:** mental chatter, incessant thinking, storyline narratives
- ❖ **IMAGES:** mental pictures, imagined scenes, visualized scenarios
- ❖ **EMOTIONS:** love, hate, fear, joy, sadness, anxiety, etc
- ❖ **PHYSICAL SENSATIONS:** sound, touch, sight, taste, smell

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### THE PROCESS: (SOLAR summary)

- ❖ **STOP:** take pause and drop into this experience right now
- ❖ **OBSERVE:** be aware of and notice what is happening in this moment
- ❖ **LET IT BE:** acknowledge and allow this arising experience to be what it is, without judgment
- ❖ **AND:** Be in the moment
- ❖ **RETURN:** to the present moment; remember to pause, breathe, and feel whatever happens

### KEY WORDS – TIES

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- ❖ **IMAGES**
- ❖ **EMOTIONS**
- ❖ **SENSATIONS**

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