

# Sitting Meditation Instructions

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



**Sit in a comfortable position that will allow you to remain alert and then focus your concentration on this exercise.**

1. As you bring yourself into the present moment, check the mind and body for things you have carried throughout the day – perhaps things that have been going on recently or thoughts from the events of the day.
2. Whatever the thoughts and feelings are, simply acknowledge them and allow them to be, without any analysis or judgement.
3. Bring awareness to your breathing. Just breathe naturally and normally, without trying to control it; being mindful of the breath rising and falling as you inhale and exhale.
4. As you breath in focus on breathing in, and then as you breathe out, focus on breathing out. Simply concentrate on the breath, breathing in and breathing out.
5. Now gently shift your focus from the breath and bring it to sensations in the body. Observe and acknowledge the myriad of sensations flowing through the body as they change with each moment.
6. If you find areas of tightness and tension with your body check try to allow them to soften and relax.

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7. If you are not able to soften and relax, acknowledge the sensations and allow them to flow wherever they need to go and do whatever they need to do.
8. Now draw attention to hearing, observing all sounds without ambivalence. Break the sounds down to basic sound waves that can be heard with the body. Acknowledge the multitude of varying sounds, internal and external, moment to moment.
9. Notice how the sounds change with each moment, whether internal or external, the sounds rise and fall. Hear them appear and disappear, just sounds.
10. Now gently shut out the sounds in the mind and shift focus to emotions and thoughts. Observe the mind without judgement; simply acknowledge the myriad of mental formations with each moment.
11. Like lying in a field and watching the clouds move and change shape as they float by, watch the mind in the same manner.
12. Notice how thoughts rise and form in the mind then recede when another thought takes over. The mind is constantly thinking about this and that, functioning with a mind of its own, analyzing, planning, remembering, comparing, etc.
13. Experience how these thoughts appear and disappear as just thoughts.
14. Try to avoid the pitfalls of mind snares and negative habits as you observe and experience your thoughts and emotions. Try to just observe and let them be, knowing they will appear, disappear and recede in time.
15. If you do get caught up in thoughts and feelings, that is okay, this is simply a way of returning to the present moment. Once you realize you are lost in thought, in that very moment you are no longer lost.
16. Simply refocus on mind observation with the clouds of thoughts and emotions floating on and on.
17. If you become frustrated with wandering mind, perhaps a short time of mindful breathing would help you center yourself again.
18. Once you are again centered, withdraw awareness from mental events and focus on the present moment itself as your primary goal.

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19. Choiceless awareness invites you to become mindful of whatever arises with each moment, in the mind and body, whether a stream of emotions or thoughts, sensations, sounds or other sensory experiences.
20. Just sit back and absorb the internal experience as your body and mind combine and interact with constantly changing stimuli.
21. Simply observe what is prevalent in the mind and body and be present to it. If nothing predominates and you are unfocused, go back to another object or focus on breathing to anchor yourself in the present moment.
22. Sometimes there are thoughts and emotions or sensations and sounds but if nothing is occurring, you are always breathing and that can be your anchor in the sea of change in your body and mind.
23. As you learn to give space to whatever is arising inside without judgement, you can begin to go with the flow. Then instead of fighting it, you will begin to acknowledge and understand that all things change.
24. Even feelings of anger, sadness, pain, anxiety and confusion will diminish if you give these feelings space.
25. Now withdraw focus from choiceless awareness and come back to the breath, feel the entire body rise up on inhalation and fall down on exhalation.

### **SITTING MEDITATION JOURNAL**

When doing this exercise for the first time, take some time to write about whatever came up for you emotionally, physically and mentally.