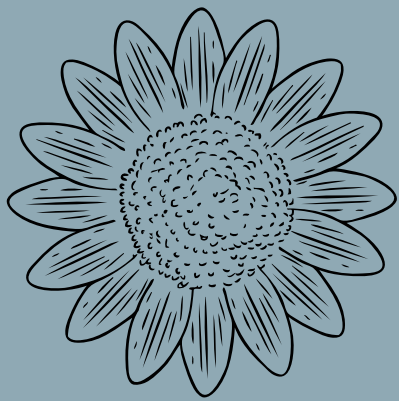


HOW TO PRACTICE MINDFULNESS

A simple guide



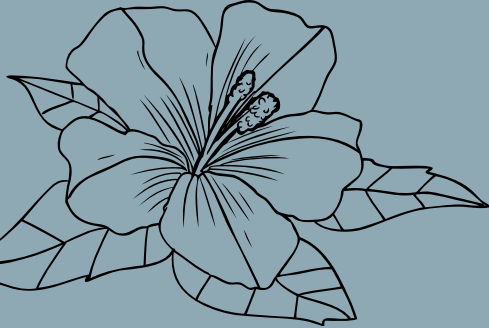
Step One

Take a deep breath and relax, with your eyes open or closed. Be aware of sounds around you coming and going, and let them be whatever they are. Keep taking and releasing slow, deep breaths.



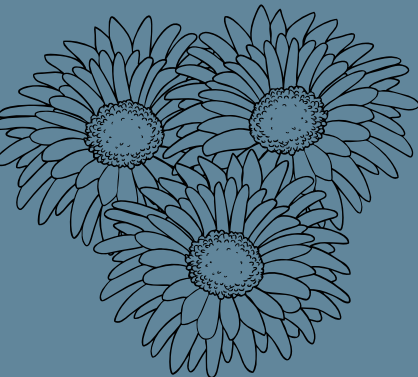
Step Two

Close your eyes and drop all your concerns now, like setting down a heavy bag. Realize that you are allowing yourself this time to move away from worldly worries.



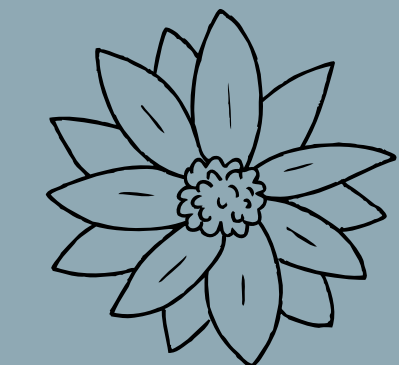
Step Three

Now focus on your breath. Bring your whole awareness to the sensation of your breathing. Don't try to control your breath; let it be whatever it is, flowing in and out of its own.



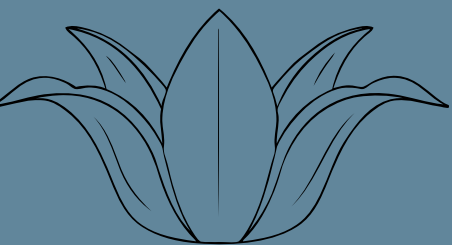
Step Four

Count your breaths softly; count from one to ten, and then start over. Start back from one if you notice you missed the sequence before reaching number ten, because your mind had wandered.



Step Five

Bring your attention to the thoughts that are trying to pull your attention away from your breath. Tell yourself: I'm noticing my thoughts, yet I'm not getting carried away by them.



Step Six

Try not to be hard on yourself when your mind wanders off during practice. This is what minds do. Gently bring your attention back to the present.



Step Seven

You may bring the meditation to an end; open your eyes, stretch out your hands. Notice how you feel and whether or not your mood has shifted. Come back to this practice at any time.