

Mindfulness Meditation in a Stationary Posture

1. Set a timer and get into a comfortable posture that allows your spine to be long.
2. Close your eyes or keep them open with a gentle downward gaze.
3. The breath stays natural.
4. Become aware of the points of contact your body is making with the surface below you. Then, notice your other body sensations.
5. During your meditation:
 - a. Stay with awareness of body sensations or awareness of the breath (you may choose one).
 - b. Allow thoughts and emotions to arise and pass away like clouds. Be kind to yourself and observe the mind with non-judgement.
6. When your timer goes off, gently open your eyes (if closed), and notice your feet on the ground before moving on to your next activity.

Simple Mindfulness Practices

Mindfulness always has an object. In other words, we become mindfully aware of *something*, like the breath, other physical sensations, our thoughts, that we're tired, or joyful, or hungry, or judgmental. It is awareness of body, speech, and mind. Choose some of the objects below or add some of your own.

Body

- In breath, out breath
- Tingling, pressure, expansion, contraction, etc.
- Warmth, coolness
- Stillness, movement
- Tense, relaxed
- Dryness, moisture
- Stiffness, looseness
- What's my body telling me right now?
- Is this physical sensation pleasant, unpleasant, or neutral?

Speech (spoken or written)

- Is what I'm saying honest, beneficial, wise, and well-timed?
- What's the intention of my words? What's the impact?
- Use the acronym W.A.I.T. before using words: Why Am I Talking?

Mind

- Am I aware that I'm thinking? Does the flow of thoughts feel slow, medium, fast, very fast, overwhelming?
- Is this thought serving my purpose or is it distracting or harming me?
- Am I experiencing a memory of the past? A fantasy about the future?
- Is this thought pleasant, unpleasant, or neutral?

Emotions often consist of body sensations accompanied by thoughts.

- Joy is arising. What are the physical sensations? Thoughts?
- Sadness is arising. What are the physical sensations? Thoughts?

Book Recommendations

- Mindfulness in Plain English by Bhante Gunaratana
- You Are Here by Tich Nhat Hanh

App Recommendations

- Enso: simple meditation timer for your iPhone
<http://ensomeditationtimer.com>
- Dharma Seed: free talks and guided meditations from Buddhist teachers
<https://dharmaseed.org>
- Liberate: free talks and guided meditations by and for people of color
(iPhone and Android) <https://liberatemeditation.com>

My Plan:

What am I going to try doing over the next two weeks?

How often will I do it?