

Mindfulness Meditation

This meditation is said to be the meditation taught by Gautama Buddha about 2500 years ago. The primary focus is your breathing. However, the primary goal is maintaining a calm, non-judging awareness, allowing thoughts, feelings, and sensations to come and go without getting enmeshed in them. This calm, accepting, spacious awareness is your Core Self... your Essence.

Benefits of this meditation: Maintaining your calm inner awareness, balance & clarity in the midst of any situation. A gradual shift to a higher level of consciousness... centered in the peace, joy & freedom of your Spirit. Increased insight and clarity, seeing things truly, as they are. Stress reduction. Steps of Mindfulness Meditation Sit comfortably, with your eyes closed, your spine reasonably straight. Let your attention rest on your breathing. When thoughts, emotions, physical sensations, or external sounds arise, simply acknowledge and accept them, allowing them to pass through without judging or getting involved with them. If you notice your attention has become engaged in thoughts, emotions, or sensations, bring it back to your breathing and continue.

Luna Rising The JEDI Website