

Shamatha Meditation Instruction

(Calm Abiding / Tranquility Meditation)

1. Preparation

- Find a **quiet place** where you won't be disturbed.
 - Sit on a **cushion or chair** with a stable, upright posture:
 - **Spine straight, not stiff.**
 - **Chin slightly tucked in.**
 - Hands resting on your lap or knees, or in the **cosmic mudra** (palms up, thumbs touching).
 - **Eyes gently open or closed** — if open, rest gaze softly downward.
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2. Grounding the Body

- Take a few moments to **relax the body**.
 - Notice points of contact: feet on the floor, seat on the cushion.
 - Allow your body to be **stable and at ease**.
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3. Establishing the Object of Focus: The Breath

- Bring your attention to the **natural breath**.
- You may focus on:
 - The **rising and falling of the abdomen**,

- The **inhalation and exhalation at the nostrils**,
 - Or the general **flow of breathing through the whole body**.
 - **Do not control the breath.** Simply observe it as it is, moment by moment.
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4. Working with Distractions

- When thoughts, feelings, or sensations arise:
 1. **Notice them** without judgment.
 2. **Label them gently** (“thinking... remembering... itching...”).
 3. **Let them go** and return to the breath.
 - The key attitude is **gentle persistence** — not forcing, not judging, just returning.
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5. Cultivating Qualities of Mind

- **Relaxation:** Not tense or striving.
 - **Stability:** Remaining present, steady on the object.
 - **Clarity:** Observing the breath and mental activity with calm awareness.
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6. Duration

- **Start with 10–20 minutes.**
 - Gradually increase to **30–45 minutes** or longer as your stability grows.
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Summary: Shamatha in 5 Steps

1. **Sit upright and relaxed.**
 2. **Focus gently on the natural breath.**
 3. **Notice and release distractions.**
 4. **Return to the breath, again and again.**
 5. **Cultivate calm, stability, and clarity.**
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Closing the Practice

Before ending, take a few breaths to feel the whole body.

Gently reflect:

May this practice cultivate peace, stability, and compassion within me and benefit all beings.

Slowly open your eyes and re-enter your day mindfully.