

## Meditation suggestions

- Sit as though your spine were dangling from an invisible thread
  - Strong back, soft front; not too tight, not too loose
- If in a chair, sitting toward the front of the chair can help with staying awake
- Feet flat on ground
- If on a cushion, knees slightly below hips (a support cushion can help)
- Hands resting naturally on thighs
- Jaw relaxed, mouth parted slightly, tongue resting on roof of mouth behind upper incisors
- Eyes open or closed; if open, resting naturally in a soft gaze
- Simply notice, sense, feel what it is like to be here now.
- Awake body breathing is anchor to here and now; feel your body breathing
  - 6-word instruction:
    - Awake body
    - Tender heart
    - Open mind
- When your mind wanders, simply notice that it has wandered, and let your noticing be your cue to gently come back to this awake body breathing; just keep coming gently back to this awake body breathing, over and over and over again
- One helpful mantra for some folks:
  - Breathing in, I know that I am breathing in. Breathing out, I know that I am breathing out.
  - With each breath, say to yourself: “Just breathing, just being.”
- Whatever arises can be accommodated with openness, curiosity, inquisitiveness, gentleness
- View: basic goodness
  - Our human nature is fundamentally good; we are touching into this basic goodness when we practice meditation.
  - We are worthy of being here, worthy of being in the world
- This is a practice of getting to know ourselves, getting to know our minds and hearts, and all that is arising here and now
- This is a practice of
  - giving ourselves our undivided attention
  - making friends with ourselves
  - getting to know what we are
  - welcoming what we are experiencing

- bravery to experience being with whatever our present moment experience is
- Not trying to stop thoughts; “monkey mind” doesn’t get “cured”; we simply change our relationship to it.
  - *You are a thought machine.*  
—Steve Martin
- Not about “getting it right”; rather, a process of curiosity and discovery
  - Taking a walk down discovery lane... and constantly coming home to this awake body breathing
- Not a self-improvement project
- Start where you are/fresh start: the moment we notice our mind has left the building, we are back, and we can begin fresh again
- Boredom & irritation = good!
  - *This technique is especially designed to produce exquisite boredom.*  
—Chögyam Trungpa
- Simply feel this awake body breathing, this tender heart feeling, this curious open mind noticing.
- Simply notice what you notice, sense what you sense, feel what you feel.
- Everything can be an opportunity to practice awareness: thoughts, emotions, sensations, urges, impulses, memories... all happening right here, right now.