

# Meditation Practice

**Recommended 10 minutes minimum per day. Possibility of morning and evening practice.**

## **1 Preparation for practice**

- Establish a place where you won't be interrupted
- Still and calming
- Not cluttered
- Use objects, flowers etc to make it a place of meditation
- Make sure you have some timing device (or music/CD)

## **2 Posture**

- Adopt an alert, upright posture
- If you have a regular practice position then of course use this

## **3 If on a seat**

- Relaxed alertness
- Back straight but comfortable
- Feet on the ground
- Hands on lap

## **4 Finding your focus**

- Eyes closed (if open look at a neutral place)
- Scan your body for any tensions and feelings

## **5 The Practice**

- Watching the breath
- Notice your breath as it enters your body
- Focus on the 'in' breath
- Notice the point at which the 'in' breath turns into the 'out' breath
- Focus on the 'out' breath
- Count 7 whole breaths
- If you lose count then go back to one and count again

## **6 Returning**

- Take 2 changing breaths and slowly open your eyes
- Take your time to move