

## Meditation Technique

### 1. Preparation

- Select your time of day, location, dress and get family support.
- Toilet, have something to drink and keep lights low.
- Spend a few minutes stretching all muscle groups.

### 2. Sitting position

- Sit in an upright chair or on a cushion — keep it comfortable.
- Ensure your spine is vertical, light and long from coccyx to head.
- Keep your chest open and your arms and legs relaxed.

### 3. Diaphragmatic breath

- Start with observing the breath, noting the rising and falling feeling.
- Lengthen the exhalation, smooth the flow and keep the belly/chest soft.
- To help focus, repeat to yourself: 'rising' as you inhale (three seconds) and 'falling' as you exhale (five seconds).

### 4. Engage the heart

- Attend to the area of your heart and notice any feelings.
- On the next exhale, nurture a feeling of calm contentedness.
- On the inhale, nurture feelings of appreciation and gratitude.
- Create a feeling of joy on the inhale and kindness on the exhale.

### 5. Choose a focus

- You can continue to maintain focus on the breath or a feeling, or focus on a part of the body (forehead, umbilicus) or a word. Narrow your focus to a point and strengthen the beam of attention.

### 6. Train the mind

- The mind will wander and thoughts come up - this is normal.
- Notice 'thinking', release the thought and gently refocus with an exhale.
- Bring the focus and beam strength of attention back to the focus point.
- Practice lengthening the time you can hold the mind intensely focussed.
- Reflect again on the meaning of a stable, calm, alert and clear mind.

### 7. Witness reality, self and integration

- In time the mind becomes strong, stable and focused.
- You will become increasingly aware of the quality of your attention.
- Look into this awareness, seeking the source of self and reality.
- There is space, connection, and expansion in this 'big mind' state.
- This 'witness' or 'open presence' brings clarity and contentment
- It is surprisingly delightful when it eventually reveals itself.

### 8. Completion

- When you are done, reverse out of the deep concentration.
- Notice your feelings, your breath, your body and the room.
- Lengthen your breath, stretch your fingers and shoulders.
- Connect back to your day with peace, love and joy.