



ENLIGHTEN EXERCISE #26

Meditation as a Tool for Mindfulness

1. A good place to start cultivating mindfulness is in the body.
2. Start by getting to know your breath.
3. See if, from time to time, you can just feel the breath moving in and out of your body.
4. Locate where the breath sensations are most vivid, in the belly, at the nostrils, or wherever, focus with full awareness on those breath waves, moment by moment.
5. Try lying in bed for a few moments after you wake up and just ride on the waves of your own breathing, moment by moment and breath by breath.
6. Experiment with expanding your awareness around your breath, until it includes a sense of the body as a whole, lying in bed and breathing.
7. As best you can, be aware of the various sensations fluxing in the body, including the breath sensations.
8. Rest in the awareness of lying here breathing, as long as you can, even if it is only for a minute or two by the clock.
9. When you notice that the mind has a life of its own and wanders here and there, keep in mind that this is just what minds do. There is no need to judge it.
10. Note what is on your mind if you are no longer in touch with the breath or with the sensations of the body lying in the bed. Without judgment or criticism, let that be part of your awareness in the moment. Repeat this as many times as you can.
11. Let your thoughts be. It is very easy to fall into the thought-stream and get caught up in the future (worrying, planning) and the past (remembering, blaming, pining) or get caught in reactive and often painful emotions.
12. Embrace and accept awareness to your thoughts.
13. It helps to be present for it and for yourself!