

## Key Meditation Instructions

For printing and reading before each session

- Good, relaxed posture
  - Straight back and neck
  - Eyes front, loose focus on the floor
  - Hands in lap or on thighs
  - Legs crossed
- Breathe naturally
- Say aloud, “I am meditating on my breathing” or other object.
- Place the mind on the object - breath (or other chosen object like a Buddha statue)
  - Return the attention to the object when mind wanders
  - When a thought occurs, notice it and let it go. Do not pursue thoughts. Label it ‘thought’ if you wish.
- In the beginning, count 7, 21, and 108 breaths to stabilize focus until mind no longer leaves the object.