

Simple Mindfulness Instructions

Basic Meditation Instructions

- Bring attention to the breath at the belly or where you feel it most strongly.
- Give full attention to the breath- (to build stability, count a whole breath, 1, another breath, 2- up to 6 and back down to 1.)
- Observe your mind with moment-to-moment awareness. When attention wanders, note it and then gently bring awareness back to the breath.
- Once your mind has calmed down, rest in the spacious *presence*—when something catches your attention, note it and watch what happens to it (stronger, weaker, passes away?)
- Add the “**thought game**” imagine a movie screen in your mind and look for thoughts, emotions, mind-states as they arise, *note* “thoughts, thoughts” and come back to your breath (your ‘anchor’) when your mind wanders

RAIN--Meditation teacher Michelle McDonald came up with a tool that offers support for working with any mind-states, even intense and difficult emotions.

- R** Recognize what is happening.
A Allow/Accept life to be just as it is.
I Investigate with kindness.
N Non-identification- This experience is part of being human; it’s not just “*me*”.

4 Foundations of Mindfulness	Skillful Mental States	Challenging Mental States
1. Body	breath, body sensations, lightness, etc	pain, stinging, pulling, pressure, hardness, etc
2. Feeling tone	pleasant, neutral, unpleasant	Unpleasant, neutral
3. Thoughts/Emotions /Mind-states	Friendliness, compassion, patience, honesty, etc	Irritation, anger, reactivity, Conceit/Envy
4. Categories of experience	Joy	Aversion/Ill will/Anger
	Effort/Energy	Sleepiness/Dullness
	Calm	Restlessness/Worry
	Concentration	Greed/Wanting
	Investigation	Doubt/wavering

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Loving-Kindness (METTA) Resolves

- * May I be safe and protected from inner and outer danger.
- * May I be happy and peaceful.
- * May I be healthy and strong.
- * May my life be easy.
- * May I give and receive all the love that I need.

Compassion (KARUNA) Resolves

- * I care deeply for my suffering
- * May I hold my suffering with kindness and gentleness
- * May I be free from pain and suffering
- * May I have the strength, resources, and support to navigate the difficulties in life

Equanimity Resolves

- All beings are the owners of their own karma.
- Their happiness and unhappiness depend on their own actions, not on my wishes for them.

The above meditation phrases, known as the “*Divine Attitudes*”, are typically offered to oneself, then a benefactor, friend, neutral person, difficult person and then all of living beings.

Mindfulness Resources

Mindfulness Research Resources: <http://www.mindfulexperience.org>

Free guided Mindfulness Meditations <http://marc.ucla.edu/body.cfm?id=22>

FREE ONLINE Intro to Mindfulness CLASS- <http://www.audiodharma.org/series/1/talk/1762/>

Retreats @ Insight Meditation Society: www.dharma.org/ims

Retreats @ Spirit Rock Meditation Center: www.spiritrock.org

METTA & Self-Compassion <http://www.self-compassion.org>