

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 |

Simple Mindfulness Instructions

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>