

Meditation Phrases

Starting posture

1. The technique I'll be teaching is breath meditation.
2. A basic method is to focus your attention on your own breathing.
3. A common complaint of beginning meditators is that they cannot meditate well, because they cannot stop thoughts from arising in their minds.
4. Abandoning the past means not even thinking about your work, your family, your commitments, your responsibilities, your history, the good or bad times you had as a child.
5. Allow the body and mind to become utterly relaxed while remaining very alert and attentive.
6. Close your eyes and say to yourself, 'May I be truly happy and free from suffering.'
7. Relax any areas of tightness or tension.
8. Relax completely.
9. Set aside a location and time, perhaps somewhere quiet in your home, where you won't be disturbed while you're meditating.
10. If you can find a spot that's going to allow you to be physically comfortable, calm, where you can set aside the stresses of the day, that might be a good place to consider.
11. Allow yourself to settle down.
12. Begin by sitting in a chair or on a cushion on the floor, with your back straight.
13. Don't strain in any way to make the spine straight.
14. Find a comfortable posture.
15. Find a relaxed, comfortable position.
16. Let your hands rest wherever they're comfortable.
17. It's important to be comfortable so that you can relax completely.
18. Just try not to lean forward or back, to the left or the right.
19. Keep your back upright, but not too tight.
20. Notice and relax your body.
21. Relax into your sitting posture with a few deep breaths.
22. Sit comfortably and close your eyes.
23. Sit comfortably in a balanced position.
24. Sit upright with the spine as straight as possible while remaining comfortable.

25. Sitting up is more conducive to meditation as the mind is more likely to remain alert.
26. Sit upright with the spine straight without straining to be in a certain position
27. You can rest your hands in your lap, in a position that won't cause tension in your shoulders or neck.
28. You could be seated on a chair or on the floor on a cushion.
29. You don't have to sit on a cushion, you can sit in a chair. If you do, it can help you remain alert by sitting forward, not leaning on the back rest, but fully alert, attentive, maintaining an upright posture.
30. Your eyes may be open or closed, but you may find it easier to maintain your focus if you close your eyes.
31. Try to notice the shape of your body, its weight.

Breathing

1. A common problem at this stage is the tendency to control the breathing, and this makes the breathing uncomfortable.
2. Breathe in long and out long for a couple of times, focusing on any spot in the body where the breathing is easy to notice, and your mind feels comfortable focusing.
3. Bring your attention to the sensation of breathing.
4. Bring your attention to your natural breathing process.
5. Eventually your awareness of the breath can come more easily, and instead of having to continually bring it back, the thoughts can settle more quickly and consistently, so your attention is maintained without putting forth as much effort.
6. Feel the beginning, the middle, and the end of every in-breath, and the beginning, the middle, and the end of every out-breath and be present with the pauses in between.
7. Feel the full breath cycle from the beginning through the middle to the end.
8. Feel the sensation of your breath as it flows in and out of your nostrils at the tip of your nose. Some people feel the sensation more strongly within the nostrils, while others feel it more on the upper lip.
9. Focus your attention on your breath.
10. If you lose track of the breath, that's okay, and is in fact very normal and expected.
11. In this stage of the meditation keep your attention right in the present moment.
12. inhalation and exhalation
13. It may help to focus on the rise and fall of your chest or the sensation through your nostrils.

14. Just become aware of the breath as it goes in and out of the nostrils at the tip of the nose.
15. Just breathe.
16. Let the breath flow naturally and simply keep track of how it feels.
17. Locate the area where the breath is most clear.
18. Narrow your attention to the flow of the breath at the tip of your nose, as it contacts the nostrils.
19. Notice that your breath is already moving on its own.
20. Notice where you feel your breath in your body. It might be in your abdomen. It may be in your chest or throat or in your nostrils.
21. Notice your breath, in silence.
22. Now bring the attention to the breath. Simply notice the breath as it moves in and out as the body inhales and exhales.
23. Notice how the breath moves in and out automatically, effortlessly.
24. Don't try to manipulate it in any way.
25. See if you can feel the sensations of breath, one breath at a time.
26. Simply observe each breath without trying to adjust it.
27. This could be at the nose, at the chest, at the abdomen, or any spot at all. Stay with that spot, noticing how it feels as you breathe in and out. Don't force the breath, or bear down too heavily with your focus.
28. Sometimes the breath will be short—there is no need to make it longer. Sometimes the breath will be long—there is no need to make it shorter. Sometimes the breath will be erratic—there is no need to make it even or smooth.
29. The mind will wander away from the breath— that's fine, it doesn't matter.
30. Tune into your breath.
31. Feel the natural flow of breath—in, out.
32. When one breath ends, the next breath begins.
33. You can direct your awareness to the sensation of air passing at the tip of your nose, or the expansion of your belly, whichever is easiest for you to notice and follow.
34. You don't need to do anything to your breath. Not long, not short, just natural.
35. You know the in-breath at the very first moment, when the first sensation of in-breathing arises. Then you observe those sensations develop gradually through the whole course of one in-breath, not missing even a moment of the in-breath. When that in-breath finishes, you know that moment, you see in your mind that last movement of

the in-breath. You then see the next moment as a pause between breaths, and then many more pauses until the out-breath begins. You see the first moment of the out-breath and each subsequent sensation as the out-breath evolves, until the out-breath disappears when its function is complete.

Thoughts

1. As soon as you notice the mind wandering off, lost in thought, be aware of that.
2. As you do so, you may find that your mind wanders, distracted by thoughts or bodily sensations. That's OK.
3. Do this over and over again, resisting the urge to judge or be critical of yourself.
4. Be content to start over as many times as you need to.
5. Each time you catch the awareness drifting is an opportunity to strengthen the skill of mindful observation, a time to strengthen your mental discipline. It is not a "bad" thing, it's just what the undisciplined mind does.
6. Don't beat yourself up about it, just kindly and gently return your attention to the breath.
7. Every time your attention moves away from the breath and shifts to another physical sensation, sound, smell or thought, gently but firmly bring your attention back to the touch sensation of your breath.
8. For example, the mind might pick up on something that happened in the past.
9. From time to time, you'll get lost in thought, then return to your breath.
10. If your mind wanders off, simply bring it back. Don't get discouraged. If it wanders 100 times, bring it back 100 times.
11. In meditation strong emotions can sometimes arise. This can happen for several reasons.
12. Just notice that this is happening and gently bring your attention back to your breath.
13. Let that go and bring the awareness easily back to the focus of the meditation.
14. Now as you do this, you might notice that your mind may start to wander.
15. Simply let it be and continue with your meditation.
16. You may have strong emotions.
17. Then, gently redirect full attention to breathing, to each in-breath and to each out-breath as they follow, one after the other.
18. Thoughts arise spontaneously in the mind. They are a natural part of meditation.

19. When you find that the awareness has been caught up in a train of thought, easily come back to the focus of your meditation.
20. When you notice that you are distracted by thoughts, gently bring your attention back to the object of your meditation.
21. When you notice that you are no longer observing the breath, easily bring your attention back to it.
22. Whenever your attention wanders, and you notice that it has wandered, return your attention to the flow of the breath at the tip of your nose.
23. You may start thinking about other things. If this happens, it is not a problem. It's very natural.
24. You'll do this again and again, throughout the entire meditation session.
25. falling asleep in meditation

Ending

1. Allow yourself a few more breaths before slowly opening your eyes.
2. It's important to take time to come out of meditation slowly.
3. Remain with your eyes closed for a minute or two.
4. When we are deeply rested in meditation, it can be jarring to suddenly get up and start our activity.
5. When you are ready to open your eyes...

General

1. Generally speaking, once or twice a day is ideal.
2. How often to meditate
3. How to Meditate
4. How to Meditate Using the Breath
5. If it's your first time, ten minutes is a reasonable starting point.
6. If you do a meditation which energizes you, it's better not to do it before bedtime.
7. It can help to set aside a designated time for this.
8. It's enjoyable to meditate in a quiet place, but it is not always possible.
9. It's a simple idea that can be hard to implement.
10. Many find twice a day to be ideal, but certainly even once a day can make a big difference.
11. Try to meditate regularly.

12. Start with 5 or 10 and build up.
13. The ideal frequency of meditation may vary from person to person depending on many different factors.
14. The ideal times are usually in the morning as a start to your day.
15. When to meditate
16. A regular routine of meditation is invaluable.
17. After setting aside time to practice mindful breathing, you'll find it easier to focus attention on your breath in your daily life.
18. Meditation is an important skill to help you deal with stress, anxiety, and negative emotions.
19. Cool yourself down.
20. How do you cultivate mindfulness?
21. In order to know where your effort should be directed, you must have a clear understanding of the goal of meditation.
22. You can meditate in order to unwind from the activity of the day and be refreshed for the evening.
23. In time, you can become aware of the tendencies of your mind.
24. Meditation increases your ability to focus and concentrate.
25. Many meditations involve focusing on the breath.
26. If you are new to meditation...
27. You can meditate no matter what your religious background.
28. Meditation can sharpen your ability to concentrate.
29. So let's all meditate for a few minutes.
30. The effort needs to be skilful.
31. There are many, many forms of meditation.
32. When you work with your mind, you find that the mind is so strange. It can do some wonderful and unexpected things.
33. Be mindful when your temper flares.