

MINDFULNESS MEDITATION PRACTICES

Walking Meditation:

1. Take 2-3 deep breaths, inhaling through your nose and exhaling through your mouth.
2. Begin walking at your usual pace, focusing on your breathing as you walk.
3. Coordinate your breathing with your walking. For example, you can take 2 or 3 steps each time you inhale and 2 or 3 steps each time you exhale. To change your walking speed just change the number of steps you take per breath. Try to maintain the same pace for an entire walking meditation practice.
4. In addition, notice how your legs and feet feel as you lift them and as your feet hit the ground. If it is too much to focus on your legs, feet, and your breathing, then just focus on your breathing.
5. Every time you notice that your mind has wandered, notice where your attention has gone, and label it, such as **WORRYING or PLANNING or REMEMBERING** and then gently escort your attention back to your breathing, legs, and/or feet. If your mind wanders a hundred times, then your “job” is simply to bring it back a hundred times. Do not judge the fact that your mind wanders because that's what minds do!
6. Practice a walking meditation for 15-20 minute daily to live a more mindful life.



Music Meditation:



1. Select a calm or inspiring piece of instrumental music.
2. Close your eyes, keep your spine straight, and let your shoulders drop a bit.
3. Bring your attention to your belly, noticing how it rises with each in-breath and falls with each out-breath or to the air coming in and out of your nostrils as you breathe.
4. Then focus your attention on the music, either following one instrument or the entire orchestra or band, becoming one with the music.
5. Every time you notice that your mind has wandered, notice where your attention has gone, and label, such as **WORRYING or PLANNING or REMEMBERING**, and then gently escort your attention back to the music. If your mind wanders a hundred times, then your “job” is simply to bring it back a hundred times. Do not judge the fact that your mind wanders because that's what minds do!
6. Practice this music meditation 15-20 minutes daily for a more mindful life.

Informal Meditation:

1. While doing a normal daily activity (showering, eating) let it become the focus of your meditation.
2. Take a few deep breaths, and then focus your attention on experiencing the activity fully through your senses – the smells, feel, tastes, and sounds of taking a shower or the complete sensual experience of eating a meal, one bite at a time as if it's the only bite and for the very first time.
3. Every time you notice your mind wandering, notice where your attention has gone, and label it, such as **WORRYING or PLANNING or REMEMBERING** and then gently escort your attention back to the shower or meal. If your mind wanders a hundred times, then your “job” is simply to bring it back a hundred times. Do not judge the fact that your mind wanders because that's what minds do!
4. Practice this daily whenever you can to build more mindfulness practice into your life.

