Daily Meditation Practices ~ Sitting meditation practice

o Begin by resting in open awareness:

o Relax your mind and remain present.

o Don't try to focus on anything in particular or control your mind, yet do not get lost in thoughts either.

o Leave all of the sense doors open, without trying to block any aspect of experience.

o If it is difficult to remain present, bring your awareness to the breath:

o Simply know that you are breathing.

o If you notice one part of the breath, such as the belly rising and falling or the feeling of air entering your nostrils, allow this, but do not keep your mind fixed on any one sensation or feeling.

o From time to time, relax your mind into a state of alert presence and bring it back to the breath if you find yourself getting distracted.

o End by letting go and resting once again in open awareness.

Meditation in action/Daily Life Practice

o Each morning, set the intention to be mindful throughout the day.

o Remind yourself of this intention as often as you can:

o Pick moments to remind yourself throughout the day, such as during breaks, at meal times, or when you get up to do something.

o Place reminders, such as sticky notes or stickers, around your home and office in places where you will see them frequently.

o When you remember this intention, relax your mind into a state of alert presence, or bring awareness to the breath.

o Avoid trying to control your mind or block certain experiences from occurring.