

Monday Mindfulness

The aim of mindfulness meditation is to pay attention to the present moment, without judgment. However, as you practice, you will find this is easier said than done.

During mindfulness meditation, you will focus on your breathing as a tool to ground yourself in the present moment. It is normal that your mind may wander, but just bring yourself back into the moment by refocusing your breathing again.

TIME & PLACE

Aim to practice daily for 15-30 minutes, the more you practice the easier it will become.

Find a time and space where you are unlikely to be interrupted. Silence your phone and other devices, and set a timer for your preferred practice time.

POSTURE

- Sit in a chair, or on the floor with a cushion for support.
- Straighten your back, but not to the point you feel uncomfortable.
- Let your chin drop slightly, and gaze downward at a point in front of you.
- If in a chair, place the soles of your feet on the ground. If on the floor, cross your legs.
- Let your arms fall naturally to your sides, with your palms resting on your thighs.
- If your pose becomes too uncomfortable, take a break or adjust your position.

AWARENESS OF BREATHING

Because the sensations of breathing are always present, they are useful as tool to help you focus on the present moment. Whenever you become distracted during meditation, turn your focus back to breathing. Try this, breathe in for the count of 3, hold for the count of 4, and blow out for the count of 5, then breathe naturally.

Notice the sensation of air as it passes through your nose or mouth, the rise and fall of your belly, and the feeling of air being exhaled back into the world. Notice the sounds that accompany each inhalation and exhalation.

WANDERING MIND

It is normal that your thoughts will wander during mindfulness meditation. At times, it might feel like a constant battle to maintain focus on your breathing. Don't worry, that is normal. Instead of struggling against your thoughts, simply notice them, without judgment. Acknowledge that your mind had wandered, and return your attention to breathing. Repeat the process again and again.