

A SIMPLE MEDITATION

Find a quiet place. Sit securely and with good posture.
Let your hand rest comfortably. Let your eyes close naturally.

Be aware. What do you hear? What is your body experiencing?

Do not claim these things as yours.



Turn your attention to the breath. Breathe deep into the body.
Slow the breath; notice it at the tip of your nose.

Anchor your awareness there. If you get distracted, return there.
Distractions are neutral, their content irrelevant.

Being distracted is an opportunity to train the attention.
Do not judge, criticize, or evaluate anything.

Just return to your breath as many times as needed.
When you are ready to finish, move your fingers and your toes.

Slowly open your eyes. Maintain a downward gaze for a moment.
Embrace everything that is around you.