



Sitting and Walking Meditation

Sitting Meditation

Meditate or simply sit silently for a period of time each day. If you are not familiar with meditation, here are some simple suggestions:

1. Create a meaningful space for meditation. You might include some special objects, such as a lit candle, a flower, sacred articles, a photo or remembrances.
2. Sit comfortably on a cushion with legs crossed or on a chair with your feet resting on the ground.
3. Allow your spine to lengthen, your head to be upright, and relax your body. Relax your facial muscles and let your belly soften. Place your hands comfortably on your lap or your legs.
4. Allow your eyes to rest softly open or closed.
5. Gently bring awareness to your breathing. Breathe in a way that is natural and comfortable for you. Let your awareness rest lightly on each breath, letting go and relaxing with each out-breath.
6. Allow any thoughts and feelings to arise and pass in a very relaxed and non-judgmental way. As thoughts arise, you might silently note them as "thinking," and then let them go. Allow your thoughts and feelings to drift by like floating clouds. Return again and again to your breath. Open your awareness to the silent stillness. You are just sitting, breathing and relaxing your body and mind.
7. Consider sometimes adding the instruction of Thich Nhat Hanh to say a simple phrase silently to yourself:
 - As you breathe... *Breathing in I know I am breathing in. Breathing out I know I am breathing out.*
 - As you look at a flower... *Breathing in I see the beauty of this flower. Breathing out I smile to the flower.*
 - As you look at your loved one's photo... *Breathing in I see the beauty and light in the face of my loved one. Breathing out I smile to his beauty and light.*

Walking Meditation

Take a slow and mindful walk by yourself. With every step, become aware of each foot lifting, moving, and then meeting the earth. Let your awareness rest with the sensations throughout your body as you move, and open your senses to what you are seeing, hearing, smelling, tasting, and touching in the moment. If your attention wanders into thoughts about the past or the future, let the thoughts go and gently return your attention to the sensations of movement and of the touch of each foot as it makes contact with the earth. Allow an inner smile to arise as you walk. With every step simply remain present . . . relaxed . . . aware.

You may also silently repeat the following phrases, suggested by Thich Nhat Hanh, with each step: *"I have arrived . . . I am home . . . In the here . . . In the now . . . I am solid . . . I am free . . . In the ultimate . . . I dwell."*