



Instructions for Meditation

Sitting Meditation

During your grief and healing journey, it can be very helpful to sit silently for a period of time each day. If you are not familiar with meditation, here are some simple suggestions:

- 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 of your loved one.
- Sit comfortably on a cushion with legs crossed or on a chair with your feet resting on the ground.
- Allow your spine to lengthen, your head to be upright, and relax your body. Release your facial muscles, let your belly soften, and allow an inner smile. Place your hands comfortably on your lap or your legs.
- Allow your eyes to rest softly open or closed.
- 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.
- 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. Just sitting, breathing, and relaxing your body and mind.

Walking Meditation

Practicing meditation while you are walking can bring you more peace and well-being. Walking meditation is a valuable companion practice with sitting meditation, and some may find a moving meditation more comfortable. The goal of walking meditation is not to arrive at a destination, but the walking itself.

- Walk in a slow and mindful way, either inside or outside. Take relaxed and leisurely steps, and let worries and sorrow fall away.
- With every step, become aware of each foot naturally 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 peacefully 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*.