

MEDITATION Rx.

“Prescription for Meditating to Keep on Track”

Here is a great focusing and relaxation activity, a type of *stabilising or placement meditation*, which you may find useful. It is learned easily and is effective to explore breathing, reduce stress and focus on goals or motivations.

Practice daily for at least 15 minutes so it will have some ongoing impact and you can also do it at times whenever you need or want to.

Sit upright on a pillow on the floor (legs crossed comfortably) or at ease in a comfortable chair (avoid crossing your legs). Let your hands rest on your lap. Relax your eyelids but don't close your eyes fully. Quiet background music may be helpful.

Simple Breathing Meditation*

Begin with a nice deep breath into the body...as you exhale, let go of any tension...

Without changing the natural rhythm of your breath in any way, just bring your full attention to the area below the navel, inside, just below the navel.

Simply notice the different sensations that are stimulated each time you breathe in and breathe out, keeping your attention on the rising and falling of the abdomen. *(pause)*

The body only dwells in the present, never in the past or the future. So, the moment you are aware of your own body, the sensations of the body, you are aware of the present.

If you become aware that the mind has wandered away into thoughts, thoughts about the past or the future, just simply bring your awareness back to the present – without any judgement, without disappointment, just simply return to the rising and falling of the abdomen. *(pause)*

When the mind is totally focused on the present, the rambling thoughts begin to calm down, to quiet.

When the rambling thoughts begin to cease, to become pacified, then one can begin to experience inner stillness or peace.

And how do rambling thoughts cease? By bringing the mind to the present. And how do we do that? By focusing on the body, tying the mind to the body with mindfulness. So bring the attention to the abdomen and allow the mind to rest with the sensations of the rising and falling of the breath in the abdomen. *(pause)*

(*Source: Ven. Tenzin Tsepal, Chenrezig Institute, Eudlo)