



THE INTERNATIONAL EDUCATOR

Mindfulness Meditation in 3 Easy Steps

1.) Sit Comfortably

It doesn't matter where you sit -- whether it's on the floor, on a cushion, or a chair, but you should be comfortable and keep your back straight. Also, be sure to turn-off your cell phone and other external distractions. (There are plenty of internal distractions to deal with.)

2.) Breathe

With your eyes closed, focus your attention on your breath as you inhale and exhale. You can choose to concentrate on your breathing through your mouth, nostrils, chest or stomach, so long as you keep your attention on your breath.

When your mind wanders, notice the thoughts that drift through your mind. The idea is not to engage these thoughts, but to let them flow through you like a river. Notice the thoughts as they pass through and gently, mindfully, guide them out. Your mind will immediately begin to think of things that you need to do, and thoughts of the past and/or future will emerge. This is natural; when it happens simply bring your attention back to your breath.

3.) Be Present

The point of mindfulness meditation is to be present in the moment - in the *now*. You will notice that most of your thoughts drift to the future - where your mind goes into planning or worry mode. Thoughts of the past also creep-in preventing you from experiencing the moment that is present.

The way to bring our attention back to the present is by being mindful of each breath. Say to yourself, "*I'm breathing in, I'm breathing out.*" As thoughts intrude bring your attention back to the breath: *in-out, in-out, in-out*. With continual practice, you'll find that you are no longer consumed by the continual parade of thoughts that march in and out of your head.

