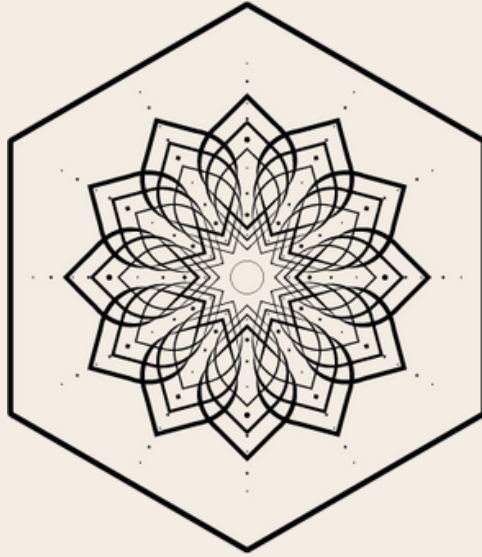


W E L C O M E



BASICS OF MINDFULNESS MEDITATION

Meditation Transcript

SUMMARY KEYWORDS

meditation, sit, thoughts, cushion, soften, breathing, wandering mind, anchor, inhale, exhale, focal point, hear, feel, taste, smell, energy

Hello, everyone. Welcome to the Basics of Meditation. Meditation with the Makaranda Method is the most important thing that we can do. Period. End of story. Without meditation, we have no ground and it's really important that we work on the ground and then we get comfortable with knowing what our thoughts are. When we know what our thoughts are, by sitting in a formal meditation practice, then we have agency over our lives. And when we have agency over our lives, we have choice. We have an ability to taste, smell and touch what really matters, right here, right now.

So first, I'm going to talk about how to sit meditation. The setting that is important for you to have and then the basic structure of what to do when you first get into your seated posture.

Meditation has been an important tool for 1000s of years and this is mindfulness meditation. And mindfulness meditation is one way to do this work. And I am going to teach formally sitting but you can stand and you can lay down if being seated is not available to you.

So the setting. So important to have a clean space: clean space, clear mind. I like to have sometimes rug underneath me and a little altar to help keep me calm and connected. I also like to have a candle from time to time, candles can really be something to gaze upon so if my attention wanders, and it might, then you can bring it back towards one focal point. The focal point is something called an "anchor."

So we'll begin now with how we sit. So if you're seated on a cushion, that's great. And I recommend really sitting on the floor grounding ourselves, it's so important to ground ourselves to the Earth. So much of the time we are seated on chairs or couches. We have shoes on our feet that blocked us from really connecting to the Earth. And so sitting on the floor and on a cushion on the floor can be really helpful. If you don't have a meditation cushion. You can always sit on a pillow or two as well.

So, sit on the edge of the cushion. Take one foot, point your toe, grab your heel and place the heel in front of you, in front of your root. Then take your other foot, grab your heel and place that heel in front so you're in one line. It's important that we don't sit like this because this traps energy. We want to open the energy field. Plant your hands on your knees like this. And sometimes if you're looking for energy, you can put your palms facing up and if you're looking for grounding palms face down.

Perhaps look around the room checking out the scene, looking at colors and textures. And when you feel ready, you can allow for your gaze to go down towards the ground or soften your eyes completely. And breathe into your belly. And exhale, soften. Breathing in filling up like a balloon, breathing out, relaxing, releasing any tension that you might feel.

I like to sometimes placing my hand on my stomach so I can feel myself breathe in, and exhale. Now the mind may wander and that's okay. There's no problem in a wandering mind, it's common. The key is to find an anchor or a solid place that you can come back to over and over again in your meditation practice. Some people find the breath is the place to come back to as their mind wanders and thoughts drift in. Other people find that feeling their seat on the earth is a great anchor. Others may find that listening and hearing what's around them is something that brings them back into the present moment. Just include all the sounds you can hear. It's all a part of the meditation practice. It's not a distraction from it's just a part of. Notice what anchor works best for you.

Breathing here, with a kind and gentle awareness. Noticing the thoughts that come and go and when you've found yourself in a thought you can kindly and gently direct yourself back to your body, to your senses, to your anchor.