

Elements of Quiet Sitting Meditation

Physical Posture

1. Take a stable seat.
2. Place the hands.
3. Straighten the back.
4. Pull in the chin.
5. Lower the gaze.

Mental Technique

1. Place attention on the breath.
2. Follow the in-breath and out-breath.
3. Count silently each time you exhale.
4. When you count to 21, start over again at one.

When Attention Wanders

1. Notice the distraction.
2. Label the distraction "thinking."
3. Let go of the distraction.
4. Gently return attention to the breath.

Mind Is Not Too Tight

1. Body and mind are relaxed.
2. There is no forcing of concentration.
3. Mind is open and free of any burden.

Mind Is Not Too Loose

1. Mind is clear and free of dullness.
2. We're alert: we notice a distraction as it arises.
3. We're mindful: we remember to remain present and not be carried away.