

<p>A Simple Instruction for A Sitting Meditation Practice. by Zenju Earthlyn Manuel</p> <p>Wishing away suffering never works. This is the reason we must establish a method that will help our minds clearly see how we suffer. What are your habits? What are your distractions? Wild thoughts, conflicting emotions, illness, pain, and confusion---sounds familiar? Welcome to the realm of being human.</p> <p>1. Read First Leave behind all of your goals and aspirations as you begin to take on a meditation practice. Act as if you are falling into the ocean and there is nothing but floating in silence and peace. You are not looking to be saved by someone or something. You are not working on anything. There is no outer achievement including becoming a particular kind of person.</p> <p>Right now you are good enough. You are peace. You will be surprised how much you will gain without an agenda. Perhaps you will receive more than you imagined without trying to gain something. Meditation can be reflected in every aspect of your life. If you are still committed to training your mind or removing veils with your breath, continue.</p>	<p>three things on your altar: water, a flower, a picture of Buddha, symbols of peace, or a picture that brings a feeling of calm, a small bell, and a clock. Plant yourself comfortably.</p> <p>Incense candles, and statues are not necessary but fine if you would like to have these things. Let your family and friends know that the area is a sacred place and that they can join you in sitting if they would like. However, folks (including you) would not use this sacred area for other activities or for storage.</p> <p>3. Begin It is not necessary to set 45 minutes or an hour if you are new to meditation. You may only be able to sit daily for five minutes or ten minutes at first. This time will gradually build over the months. Try not to push yourself toward some goal. Take your time and be easy with yourself. Notice your breathing pattern.</p> <p>Breathing in, I smile. Breathing out, I feel gratitude. Breathing in, I'm glad to be alive. Breathing out, I feel joy. You can count your breaths or not. If you are a person that thinks a lot and rely on techniques, I suggest that you do not count your breaths. Just sit and breathe in and out.</p> 	<p>takes you. Notice how many thoughts happen in one minute. Let them go. You can pick up on those thoughts after meditation. They will be waiting for you. But perhaps they will not be as potent. Perhaps they will be taken over by some other thoughts. Thoughts are unreliable. (Note: We are not talking about critical thinking in this piece. We all must make decisions. The thinking here is that which takes us away from our lives.)</p> <p>While meditating at least for that time you are not creating any trouble for yourself or anyone else. For a moment you are still and life is just as you breathe and nothing else. An instant liberation so to speak.</p> <p>Last words Steer away from becoming excessively inward. If suddenly silence becomes a tool for withdrawal and hiding then you are not experiencing the joy of meditation. You are to be fully yourself and fully alive in this practice of stillness.</p> <p>To sustain this practice over many years you will need to find a spiritual guide, friend or teacher to help point you back towards the activities of your life that cause suffering for you and others around you.</p>
<p>2. Environment Create a space in your home where you will sit each time. Try to avoid bedrooms or places where you would normally sleep so that when you sit you are not thinking about going to bed. You can have a straight-back chair, stool, or meditation cushions. A simple altar of your own creation can help provide focus and concentration. Maybe two or</p>	<p>4. The Mind In the beginning the mind will do what it does. It will think. Let it think. You just breathe. Laugh at what the mind conjures up and then let it go. Be angry, breathe, and let it move through. Be angry again breathe and let it move through. Just breathe even though the mind is taking you here and there. Try not to dwell or pay attention to where the breath</p>	<p style="text-align: center;"><i>Be love Be peace Be easy</i></p> <p style="text-align: center;">stillbreathingmeditation.org zenju.org</p>