

## INTRODUCTION TO "SITTING" WHY AND HOW

EACH OF YOU HAS CHOSEN TO JOIN THIS MEDITATION GROUP FOR YOUR OWN REASON. THE REASONS ARE QUITE VARIED. SOME MIGHT BE HERE TO LEARN MORE ABOUT BUDDHISM OR MAYBE IN HOPES TO BRING ABOUT MORE PEACE OF MIND. MAYBE YOU WANT TO IMPROVE YOUR CONCENTRATION OR TO FIND A SENSE OF JOY AND HAPPINESS. FOR SOME IT MIGHT BE TO SEARCH FOR SOME ULTIMATE TRUTH TO QUESTIONS THAT ARE ALWAYS FLOATING AROUND YOUR MIND OR IT MIGHT BE A SPIRITUAL QUEST OF SOME KIND.

IT MATTERS NOT WHAT YOUR REASON. EACH OF THOSE REASONS WILL BE ADDRESSED IN SOME WAY WITH THE MEDITATION PRACTICE. THE MOST IMPORTANT THING TO REMEMBER IS THAT WHATEVER YOUR PURPOSE OR INTENTION FOR JOINING THE GROUP, YOU WILL BEST BE SERVED DURING THIS INSTRUCTION PERIOD BY DEVELOPING A DAILY MEDITATION PRACTICE.

MEDITATION IS NOT AN INTELLECTUAL PURSUIT, BUT ACTUALLY AN EXPERIENCE. IT IS A PRACTICE. THESE INSTRUCTIONS ARE DESIGNED TO GIVE YOU TOOLS TO QUIET THE MIND AND BODY. AS THIS QUIETING DEEPENS, SO DOES THE AWARENESS.

### **CULTIVATING A DAILY MEDITATION PRACTICE**

1. Plan to meditate at the same time each day. Experiment with what seems to work best for you.
2. Experienced meditators will sit for 45-60 minutes daily. As a beginning student, you are developing the habit of sitting. Start with 10-15 minutes a day and add to the time as it seems beneficial. If you think you have only 5 minutes to sit, then sit for 5 minutes.
3. Establish a meditation corner or quiet space that you can return to each day. Some meditators like to create an altar, bringing inspiring objects to their meditation space: an image, some incense, inspiring book, pictures, statues.
4. Determine before you take your seat how long you will meditate. Set a timer.
5. Keep it simple. The purpose of your practice isn't to induce any particular state of mind, but to bring awareness to whatever experience you are having in the moment. An attitude of openness and curiosity will help you to let go of judgments, expectations, and other obstacles that keep you from being present.