

Mindfulness Meditation

Monique Martineau for Coaching, Keynotes & Workshops

The only thing I'm fanatical about is meditating 30 minutes twice a day.

~ Deepak Chopra, MD, Bestselling Author

Mindfulness meditation is an ancient method of raising awareness and creating a deep state of relaxation in your mind and body. As the mind quiets down, remaining awake, you will experience deeper, more expanded levels of awareness. It is recommended that you start practicing this procedure 10 minutes twice a day. Ideally, build up to 30 minutes, morning and early evening. You may also use this technique for a few minutes during the day if you are feeling upset or agitated. This will help you to re-center yourself.

Technique and Tips

Sit up straight in a comfortable position in a chair or on a cushion with folded legs in a quiet room.

Close your eyes.

Gently, allow your awareness to be on your breathing. Simply observe your breath as you breathe in and out for 10-30 minutes.

Innocently be aware of your breathing. Do not try to alter it in any conscious way. As you observe your breath, you may notice that it changes. It may speed up or slow down, it may get deeper or more shallow, or it may seem to stop for a time. Whatever happens with your breathing, innocently observe it, without anticipating or resisting any changes.

You will find at times your attention drifts away from your breath and goes to a thought in the mind, sensation in the body, emotion, or sound in the environment. Whenever you notice that you are not observing the breath, *gently* bring your attention back to your breathing.

During this meditation, relinquish *any* expectations you may have during the practice. When you notice that you are focusing on some expectation, treat this as you would any other thought and *gently* bring your awareness back to the breath.

After 10-30 minutes (your body has its own timer that can be evoked), bring your awareness back to the room. Wait about 1 minute and then open your eyes slowly. Wait until you feel grounded before getting up to walk.

Adapted from "Mindfulness Meditation,"
The Center for Mind Body Medicine in 1994 (now the Chopra Center).