

# **MINDFULNESS IN 7 STEPS**

## **Start Your Practice**

A smart and practical, brief and easy guide to learn and then start your practice of teaching others.

### **STEP 1**

Take a deep breath and start to relax yourself, with your eyes open or closed. Notice the sounds around you coming and going, and let them be whatever they are.

### **STEP 2**

Close your eyes and take all your worries and concerns and pack them into an imaginary bag, and keep it at your side. You can pick it up again later — if you want to.

### **STEP 3**

Bring your full awareness into the sensation of your breathing. Sense the cool air coming in and the warm air going out. Listen intently to the “whoosh” of your breath.

### **STEP 4**

Start counting your breaths softly — count from one to ten, and then start over again. Expect the mind to wander, as it is normal. When it does, just return to counting the breaths again from the start.

### **STEP 5**

Get deeply immersed in the breathing process. Start to notice the volume, speed, warmth, and sound of the breath traveling in and out of your nostrils. Let your mind trace the path of the air from your nostrils to lungs, and back.

### **STEP 6**

Note your thoughts moving through your mind, trying to pull your attention away from your breath. Let your thoughts be whatever they are. Then discard them. Don't drift off with them.

### **STEP 7**

Feel a growing sense of calmness within as you keep settling into a state of peaceful awareness. Sit in that state for as long as you want. Finally, bring the mindfulness session to an end by opening your eyes, stretching out your hands, and getting up.

# Mindfulness Meditation Step By Step

**Yi-Tong Ma**



## **Mindfulness Meditation Step By Step:**

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