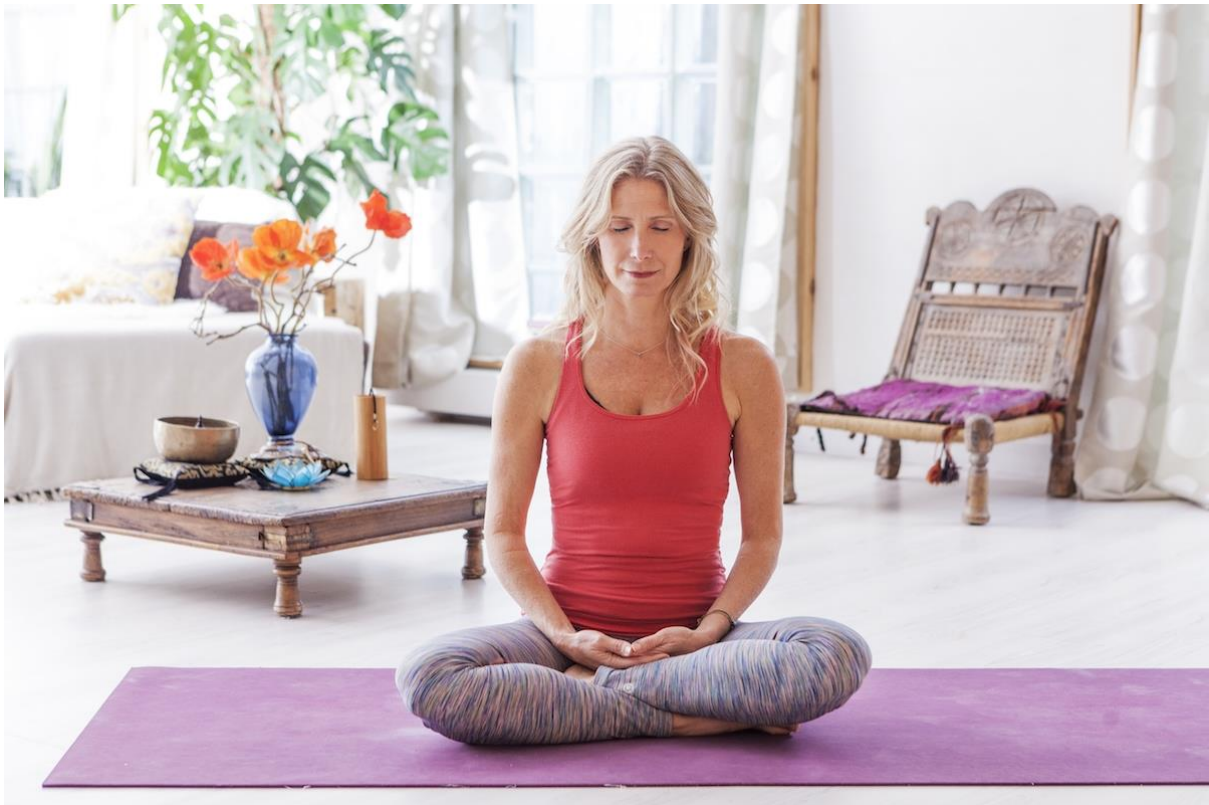


# MindfulLiving™ Module 2

## Brain Power & Mindset Reset

### Sitting Meditation

MindfulLiving™ Practice: Curated by Shery Clein



[For audio guidance, go to [Sitting Meditation](#)]

In our MindfulLiving™ practice, we refer to the core of formal meditation as "sitting meditation" or simply "sitting." While sitting in a typical posture, mindful sitting differs from ordinary sitting through our deliberate awareness.

To practice sitting meditation, we set aside a particular time and place for non-doing. We adopt an alert and relaxed body posture to remain still comfortably, cultivating calm acceptance of the present moment without filling it with distractions.

Sitting upright and in a dignified posture is beneficial, as well as aligning the head, neck, and back vertically to facilitate easy breathing. This posture mirrors the inner qualities of self-reliance, self-acceptance, and attentive focus we aim to cultivate.

We typically practice sitting meditation either on a chair with a straight back, feet flat on the floor, ideally sitting away from the chair's backrest for self-support (see Figure A), or on the floor using a firm cushion to elevate the hips (around 3 to 6 inches off the floor). Various cross-legged and kneeling postures can be used on the floor, such as the "Burmese" posture (Figure B) or kneeling with a cushion (Figure C), depending on personal comfort and flexibility.

While sitting on the floor can evoke a grounded feeling, the choice between chair and floor is less important than the sincerity of our meditation effort. Posture plays a significant role in supporting our meditation practice outwardly, reflecting dignity, patience, and self-acceptance.

Once settled in our chosen posture, we turn our attention to the breath. We observe the inhalation and exhalation, moment by moment, remaining fully present. This practice sounds simple yet challenges us to maintain focused awareness of each breath, noticing all subtle and obvious associated sensations.

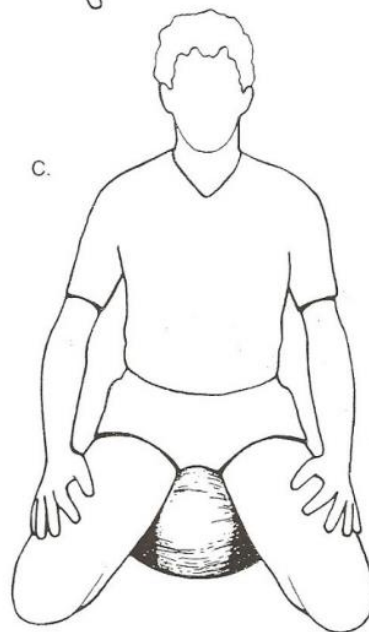
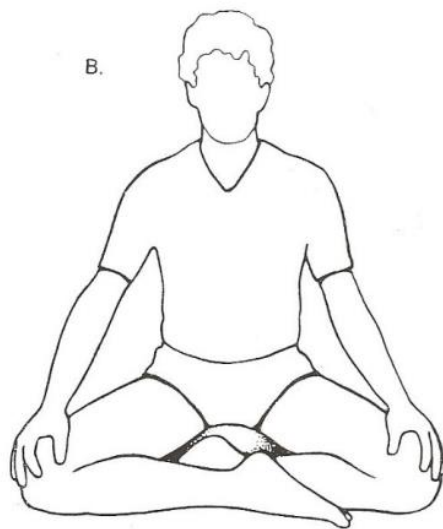
The simplicity of sitting with our breath contrasts with its difficulty. While we can easily spend hours in front of a screen or engage in activities, sitting mindfully with our breath reveals our mind's restlessness and the body's discomfort with stillness.

In meditation, we observe these impulses without judgment. Instead of reacting to the urge to move or engage in distractions, we gently redirect our attention to the breath, nurturing a less reactive and more stable state of mind.

By repeatedly anchoring our attention to the breath, we develop concentration and inner strength, akin to building muscles through regular exercise. This process also cultivates patience and non-judgmental acceptance, essential components of mindfulness.

MindfulLiving™ emphasises creating space for thoughts without attempting to suppress them. The breath serves as our anchor, guiding us to observe thoughts as they arise and allowing them to pass without disturbance.

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\*NOTE: If sitting on the floor, ensure hips are adequately elevated to prevent strain. Contact [shery@sheryclein.com](mailto:shery@sheryclein.com) or WhatsApp: 0824588151 for assistance.\*

Shery Clein and the MindfulLiving™ team appreciate your dedication to this practice. For any questions or support along your mindfulness journey, please reach out. Let's embrace each moment with joy and relaxation. Blessings ♥ Stay Healthy & Safe

