

MindfulLiving™ Module 6

Compassionate Communication

Chapter 17 - Sitting Meditation

MindfulLiving™: Sitting Meditation

Embracing Stillness Through Mindful Sitting

We invite you to explore the heart of formal meditation practice through “sitting meditation” or simply “sitting.” While we all engage in sitting daily, mindful sitting offers a unique experience through heightened awareness and presence.



❖ Understanding Mindful Sitting

Mindful sitting transcends ordinary sitting by fostering a deeper connection to our breath and body. This practice encourages us to create a dedicated space and time for non-doing, allowing us to embrace calm acceptance in the present moment without the urge to fill it with distractions.

❖ Posture: Finding Your Comfort

Adopt an Alert and Relaxed Posture:

Maintain an erect and dignified posture, vertically aligning your head, neck, and back. This alignment supports the flow of breath and reflects an inner attitude of self-reliance and acceptance.



❖ Choosing Your Seat:

- **On a Chair:** Sit in a straight-backed chair with your feet flat on the floor. If comfortable, sit slightly away from the back of the chair to engage your spine. Leaning back is acceptable if necessary. (*Supports proper spine alignment.*)
- **On the Floor:** Use a firm cushion or a meditation bench to elevate your hips above your knees. Common postures include:
 - **Burmese Posture:** One heel is close to the body, and the other leg is draped in front.
 - **Kneeling Posture:** Placing a cushion between your feet for support.

❖ Key Points for Your Posture

- Keep your back, neck, and head aligned vertically.
- Relax your shoulders and choose a comfortable position for your hands. Rest them on your knees or your lap, with the left hand over the right, thumbs touching.

❖ Focusing on Your Breath

Once you've settled into your posture, direct your attention to your breathing. Experience each breath as it enters and leaves your body.

Mindful Breathing Steps:

- **Full Awareness:** Notice the sensations of the in-breath and out-breath without attempting to control them.
- **Acceptance:** Allow your thoughts to come and go without judgment. If your mind wanders, gently guide your focus back to your breath.



❖ Embracing Restlessness

You may find that the body or mind begins to resist stillness as you practice. This is a natural response. Instead of reacting to this impulse, observe it with curiosity and compassion.

❖ Self-Observation:

Notice how your mind craves entertainment or your body seeks comfort. Reflect on why these impulses arise, but return your focus to your breath, practising acceptance of each moment.

❖ Building Inner Strength

Regularly bringing your attention back to your breath fosters concentration and builds resilience, like exercising your muscles. This practice cultivates patience and a non-judgmental approach to your thoughts and feelings.

❖ Mindfulness Practices:

- **Observe Thoughts:** Allow thoughts to flow without pushing them away. Use your breath as an anchor to remain centred.

❖ Reflection Questions

- What feelings arise when you attempt to remain still?
- How does your body respond to the act of sitting quietly?
- What insights do you gain about your mind's tendency to seek distraction?

❖ Closing & Encouragement

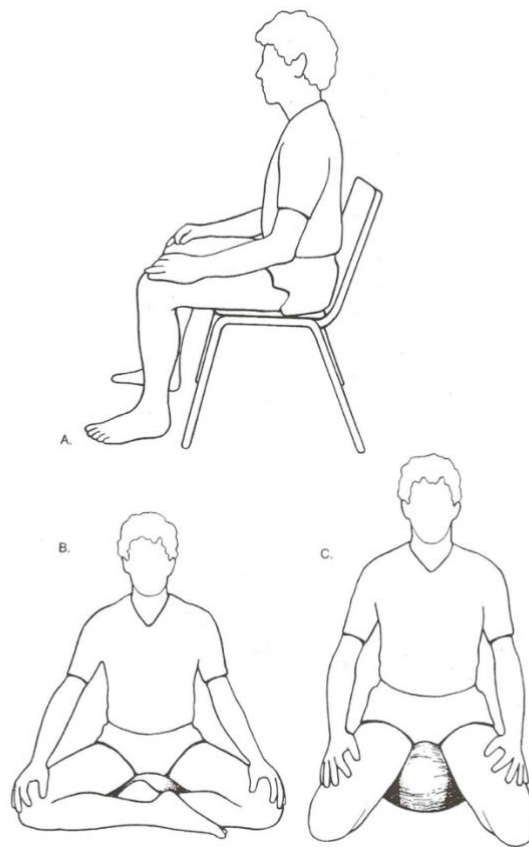
Thank you for your valuable participation in this mindful exploration of sitting meditation. We appreciate your dedication to cultivating mindfulness and well-being in your life. Remember to approach each session with curiosity, patience, and an open heart.

For any questions or assistance, please feel free to contact me.

Stay healthy and safe. I look forward to hearing about your experiences as you embrace the journey of MindfulLiving™! Blessings, Shery Clein MindfulLiving™ Coach Advocating Awareness Intelligence ♥

Disclaimer:

This program is designed to guide mindfulness practices and is not a substitute for professional psychological advice or therapy. If you have any concerns regarding your mental or emotional health, please consult a licensed professional.



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MindfulLiving™

Compassionate communication is a heartfelt connection to others.

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