

Sitting Meditation -- Many of us know that usual practices for sitting meditation. Find a comfortable seat, and a position you can hold for 20 minutes or so. Close your eyes, begin noticing your body. Feel the chair beneath you, feel your breath moving in and out of your body. Focus on the place where you notice your breath most – your belly moving in and out, your chest moving in and out, breath coming in and out of your nostrils. Buddhist meditation teacher, Sylvia Boorstein recommends that after you've tuned in with your body, you gently and silently say to yourself on each in breath "Tranquil" and on each outbreath "awareness". This is what you are aiming for; tranquil awareness. Nothing more. Set a timer for 10 – 20 minutes. Your job is to "do nothing" which is very difficult for most of us!