

5 Tips: Meditation

Getting Started
#OLCInnovate Sanctuary

1



Gratitude just to be here.

The goal is the doing, not a particular state or feeling. You have the right intention just giving it a try and practicing! Try a little each day when you can.

3



Non-Judgement: Equanimity

Observe your entire reality objectively - as it is - without judgement.

As thoughts arise, gently note "thinking" and return focus to the feeling of the breath.

Practice equanimity toward all thoughts and physical/mental phenomena.

Keep starting over - start again.

5



Share it forward

All sensations arise and pass away.

Observe automatic reactions, increase equanimity and generate loving-kindness.

May all beings be happy and receive the benefits of your work and practice. May all be liberated from their suffering.

2



Focus Inward

You can meditate in any position, anywhere, starting with your breath, your life force from birth to death.

Start by relaxing in a comfortable position that ideally won't require you to move or shift. Eyes closed if you like, focus on the feeling of your breath entering and exiting your nostrils or mouth for a few minutes.

Notice the feeling of your breath filling and leaving your lungs and the pauses between in/out breaths. Thoughts of past/future are natural! Just observe...

4



Sensations

As focus/concentration increases and thoughts subside, shift focus to sensations. Scan slowly from head to toe with your attention on all sensations along the way. Observe sensations throughout the entire body without reacting with craving for pleasant or subtle vibrations or aversion toward unpleasant or gross/difficult sensations.

Observe constant change, grow equanimity. [Learn more at dhamma.org](http://dhamma.org)