

Rev. Bob's INTRODUCTION to MEDITATION



Find a quiet place.

Sitting comfortably, gently close your eyes, or leave them softly open.

Observe the sensations of breathing—the rise and fall of your belly, the flow of air through your nostrils. The rhythm and depth of your breath may change.

If you wish, allow the rhythm of your breath to intermingle with the unspoken sound of a simple syllable or word: “ah”, “love”, “one”, etc.

As thoughts arise in your mind (as they most likely will), acknowledge them, release them and gently return your attention to your breath.

When your meditation time is complete, open your eyes slowly and gradually increase your awareness of the world around you.

Allow your tranquil, unhurried meditative state of mind to flow into your daily activities.

A note about time: There is no minimum meditation time. One full breath fully attended to can change your mood, your day and perhaps your whole life. Still, many people benefit from setting aside as few as 5 or as many as 60 minutes once or twice each day for meditation. Do what you can. As with any practice, it's better to do what you can than to not to do anything because you tried to do what you could not. If necessary, you can keep track of time by having a watch or clock easily visible. Lightly open your eyes to see how much time has passed.

A note about place: As with time, there is no rule. Any place can be propitious for meditation—a grocery line, a traffic jam [careful with the closed eyes!], a forest trail. Yet, again as with time, many people benefit from designating a particular quiet place in their home or at their office for regular meditation sessions.

“It is indeed good news that, at any moment we need or desire, we can very simply enter into ourselves and find there a place of deep peace and joy, a place where dwells the source of all good, all life, all strength; an ever-faithful love that totally affirms us with the gift of being and life ...”

M. Basil Pennington, OCSO