



Welcome to the Mindfulness Meditation Group!

We're glad you are here. Your presence is important to us, and we want you to feel right at home. The Mindfulness Meditation Institute is dedicated to helping you get the most from your meditation practice, so that you achieve your spiritual goals as quickly as possible.

This information sheet is intended to give you an idea of what to expect during the meeting. In addition, it will provide you with guidelines you can use to practice at home. We are confident that the techniques you learn here will enhance your spiritual development.

During the meeting, we will discuss some of the basics of the practice, and then we'll lead you through a 30-40 minute meditation session. I think you'll be amazed at how easily and quickly you can calm your mind once you understand and apply the mindfulness meditation techniques.

At the core of the mindfulness meditation practice is the development of our investigative tools—concentration and mindfulness. To do so, we must structure our meditation around them. Here are some basic guidelines for a typical meditation session:

Sitting Position – Sit in a comfortable chair without armrests; back straight, and feet flat on the floor. Keep your hands either cupped one inside the other just below the navel, or simply rest them on your thighs. The main purpose of our sitting position is to be comfortable and alert. Do not lie down, as you'll probably fall asleep.

Concentration – Use the counting technique to help you develop your concentration. This will help keep your mind from wandering so easily. During your meditation, count your breaths 1 through 5 silently in your mind. When you get to 5, simply start over again. Keep your attention focused on the air passing through the tip of your nose. When a distraction arises, simply ignore it and immediately bring your attention back to your breath.

Mindfulness – After a few minutes of concentration meditation, switch to mindfulness meditation. Continue observing your breath. However, this time instead of counting each one, simply observe the entire breathing process mindfully. This means that you are relaxed, and not forcing yourself to do anything. When distracting thoughts arise, gently bring your attention back to the breath.

In order to get the most from your meditation practice, we suggest meditating regularly, preferably daily. How long you meditate depends on your available time. But remember, how fast you progress on your spiritual development will always depend on the time and effort you dedicate to your meditation practice. For a practice routine, please refer to ***The 5 Suggestions of the Mindfulness Meditation Practice***.

We wish you great success on your spiritual journey!

www.MindfulnessMeditationInstitute.org