One Breath: the First Practice

1) Sit in a tall and relaxed posture that enables natural abdominal breathing. 2) Simply experience your natural breath once.
Note:

- It is about simply being with your breath.
- If it is difficult, try mentally say “breathing in” and “breathing out.” while breathing or try noticing distinct breathing sensations, such as the rise and fall of your abdomen.

General Guideline for Beginners

- Posture: Sit in a tall and relaxed posture that enables natural abdominal breathing and supports mental calmness.
- Breath: Breathe naturally. A breath means a whole breath, the entire process of breathing from the start to the finish, including inhalation, exhalation and any moment of stillness.
- Mind: Experience your breath.
- Mental chatter: It is a background of your meditation. Benefit from it instead of trying to eliminate it. Notice your participation in it. Best not to create it.
- Regular practice: Maintain regular practice. Do a short session multiple times. Also practice with others.
- Preparation: Be prepared for obstacles, particularly those occurring frequently.
- Learning: Learn from meditation experiences by writing down and/or sharing your practice experience with others.
- Daily Life: Living with intention and awareness helps your meditation. Spending your day on autopilot hinders your meditation.
- Other: Measure your progress.

Stages of Meditation for Beginners

- Stage 1: A Whole Breath: Gaining a proficient ability to experience (or be with) a whole breath.
- Stage 2: Breath and Body: Becoming familiar with your breath and body.
- Stage 3: Mind: get to know your mind.
- Stage 4: Deepening: Recognizing patterns and inner causes.
- Stage 5: Insight: Recognizing inner contradictions, e.g. creating thoughts while wanting to eliminate them. Gaining insight about yourself and life . Also being aware of what you do not know. Experiencing interconnectedness and deep gratitude. Learning from daily experiences including those from meditation,

More Topics

- **Mindfulness** is intentional awareness of both the outer world and one’s inner world such as thoughts. Mindfulness **meditation** is a practice that strengthens mindfulness..
- **What’s next?** 1) Establish daily practice: 5-20 min daily and one breath throughout the day. 2) Create a reinforcing cycle: intentionally engaging daily activities, e.g. doing one thing at a time, helps meditation, which in turn helps daily living.

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