



Peachtree City Mindfulness & Meditation Group

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How to Practice Mindful Meditation

Mindfulness meditation practice couldn't be simpler: take a good seat, pay attention to the breath, and when your attention wanders, return. By following these simple steps, you can get to know yourself up close and personal.

1. Establish Good Posture

- Take a seat. Whatever you are sitting on: a chair, a meditation cushion, a park bench, find a spot that gives you a stable, solid seat. Don't perch or hang back
- If on a cushion on the floor, cross your legs comfortably in front of you. (If you already do some kind of seated yoga posture, go ahead.) If on a chair, it is good if the bottom of your feet are touching the floor.

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- Straighten up, but don't stiffen your upper body. The spine has natural curvature, let it be there. Your head and shoulders can comfortably rest on top of your vertebrae.
- Place your upper arms parallel to your body. Then let your hands drop onto the top of your legs. With your upper arms at your sides, your hands will land in the right spot. Too far forward will make you hunch, too far backward will make you stiff. You're tuning the strings of your body, not too tight, not too loose.
- Drop your chin a little and let your gaze fall gently downward. You may let your eyelids lower. If you feel the need, lower them completely, but it is not necessary to close your eyes when meditating. You can simply let what appears before your eyes be there without focusing on it.
- Be there for a few minutes, SETTLE. Now you can follow the next breath that comes out. You've started off on the right foot—and hands, arms, and everything else.

2. Focus on your breath

- Begin by breathing naturally. Notice the sound and sensation of your breath.
- Next, take a slow breath in through your nose, breathing into your lower belly for about four seconds.
- Hold your breath for one to two seconds.
- Slowly exhale through your mouth for about four seconds.

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- Wait for a few seconds before taking another breath.

3. When your attention wanders, return to your breath

- Inevitably, your attention will leave the breath and wander to other places.
- When you get around to noticing this—in a few seconds, a minute, five minutes—return your attention to the breath.
- Don't bother judging yourself or obsessing over the content of the thoughts. Come back. You go away, you come back.
- That's the practice. It's often been said that it's very simple, but it's not necessarily easy.
- The work is to just keep doing it. Results will accrue.

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