

Sitting Meditation Worksheet



Overview

Sitting meditation is one of the most basic practices of Mindfulness Meditation. It combines aspects of physical body positioning, calming breathing practices, and directing the mind's awareness to certain topics, in order to achieve a balanced and natural sense of relaxation. You can follow the steps below to guide you in your sitting meditation practice:

- Find a comfortable and quiet place to engage in your practice, one where you can relax and focus on yourself, but also one where you can stay alert and not fall asleep
- Sit in an upright but relaxed position with good posture and no stress on the lower back. A yoga ball, well supported chair, or even on the ground against a wall are all good examples.
- Begin to breathe fully and pay more attention to your breath, and through this begin to relax
 - A method that can help with this is a quick body scan: scan your attention up your body (toes, feet, legs, thighs, pelvis, stomach, chest, arms, shoulders, neck, head), spending a couple minutes on each part, and directing your full attention to these parts. How do they feel? How warm/cold are they?
- Generate intentional attention to your breathing
 - Pay attention to the in-breath and out-breath, and note how you feel during each. Perhaps how you feel when you slow and elongate each.
 - Pay attention to how your breath feels in different places in the body – chest, then stomach, nose, mouth
 - Try different breathing patterns -- in and out through the mouth, through the nose, or some combination of the two. Mindful breathing is usually characterized by nose breathing, but do whatever feels comfortable and helps you focus.
 - Sometimes it is helpful to assign metaphors to breathing -- wind, ocean, stream
 - Breath, body, mind-connections

- Try to be aware of typical thoughts that may arise with an in-breath, out-breath, deep breath, and light breath. Do you notice any patterns?
- Once you are in a relaxed place, begin to look inward. There are many ways to do this. Some inspiration:
 - Direct attention to your thoughts, in a non-judgmental, non-changing way. Just pay attention to where your mind goes, and *accept* where it goes
 - Watch your thoughts pass as on the TV or stage, and aim to not be on the stage or in the TV, but simply observing openly and non-judgmentally
 - Try to create a place in your mind that is not compelled to “think” or “do” anything, but that is merely content and accepting of “being”
- Cling to and be aware of stillness and slowness
- Practice radical acceptance of your thoughts: regardless of what your thoughts are, be accepting of them as you become aware of them. Don’t deny them, or try to change them in any way, no matter how they make you feel. Simply accept “I am having this thought”, and become aware again of where your mind goes next.
- Although sometimes difficult, try to use this same sense of acceptance and curiosity in dealing with discomfort. Physical/mental/emotional discomfort is a natural part of life as a human, and in meditation practice it is helpful to accept this discomfort in your moment to moment awareness. Although it is natural to want to deny and avoid this discomfort, oftentimes the moments where you feel discomfort and want to change thoughts or positions are in fact the most crucial and beneficial moments to be aware of. In turn, you can often gain heightened awareness of these thoughts, and a more stable sense of observance as you continue your practice.

Homework/Reflection

- Try to dedicate a short period of time every day to practicing sitting meditation, and keep notes on what arises during practice
 - Any insights you glean from your practice, either about the practice itself
 - Anything you are happy/proud/excited about
 - Any struggles you have, or anything that is hard for you
 - Any questions you may have

Sitting Meditation and Mindfulness Resources

Mindfulness Apps

- ThisisKara.com
 - <https://www.thisiskara.com/>
- Cancer Care Meditation App
 - <https://itunes.apple.com/us/app/cancercare-meditation/id1373888072?ls=1&mt=8>
- Calm App
 - <https://itunes.apple.com/us/app/calm/id571800810?mt=8>
- Buddhify App
 - <https://itunes.apple.com/us/app/buddhify-meditation-on-the-go/id687421118?mt=8>
- Headspace
 - <https://itunes.apple.com/us/app/headspace-meditation/id493145008?mt=8>
- Insight Timer App
 - <https://itunes.apple.com/us/app/insight-timer-meditation-app/id337472899?mt=8>

Guided Sitting Meditation Sessions (search titles or links on Youtube)

- “Jon Kabat-Zinn - Guided Sitting Meditation [Part 1]” (Jon Kabat-Zinn, UMass)
 - <https://www.youtube.com/watch?v=U70osw7R1A4>
- “Jon Kabat-Zinn - Mindfulness Guided Meditation (Sitting Meditation) | The Power of Now” (Jon Kabat-Zinn, UMass)
 - https://www.youtube.com/watch?v=P8zs8tJlkZM&list=PLMQMboFdse0rP9R3448V0Eq8i_o-0duS&index=134
- “Guided Sitting Meditation” (Paula Coyne, Alina Health)
 - https://www.youtube.com/watch?v=IQ2WsHKv_7Y
- MBSR Sitting Meditation” (Dave Potter, Palouse Mindfulness)
 - <https://www.youtube.com/watch?v=JozsMntyE6k>
- “Sitting / Breathing - Guided Mindfulness Meditation” (Florence Meleo-Myer, Center for Mindfulness)
 - <https://www.youtube.com/watch?v=QzvDWyozT30>

Guided Sitting Meditation Scripts

- “Sitting Meditation Script” (Palouse Mindfulness)
 - https://palousemindfulness.com/docs/sittingmeditation_script.pdf
- “Mindfulness Breathing Meditation – Script” (Jon Kabat-Zinn)
 - <https://aisnsw.edu.au/FundedPrograms/AGQTP/Kambala%202013/Mindfulness%20Breathing%20Meditation%20-%20Script.pdf>
- “Basic Mindfulness-Meditation Practice” (Minding the Bedside: Meditation Resources for Nurses)
 - <http://www.mindingthebedside.com/wp-content/uploads/2011/02/BASIC-MINDFULNESS-SCRIPT-for-blog.pdf>

****For additional free resources, simply type “guided sitting meditation” into YouTube or “sitting meditation script” into Google**

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Books on Mindfulness

- Full Catastrophe Living by Jon Kabat-Zinn
 - <https://www.amazon.com/Full-Catastrophe-Living-Revised-Illness/dp/0345536932>
- The Power of Now by Eckhart Tolle
 - <https://www.amazon.com/Power-Now-Guide-Spiritual-Enlightenment/dp/1577314808>
- The Little Book of Mindfulness: 10 minutes a day to less stress, more peace by Patrizia Collard
 - <https://www.amazon.com/Little-Book-Mindfulness-minutes-stress-ebook/dp/B00J3C4YTE>