### Meditation Instructions

The Center for Mindful Eating Teleconference

The Foundations of Your Mindfulness Practice

Thursday, July 23, 2015

### Sitting Practice – Mindfulness

a. Find a comfortable posture

b. Focus on the touch sensation of the breath, placing your attention where the sensation is strongest (i.e., the nostrils, the chest, or the abdomen)

c. Stay present with the breath at all times; experience the entire in breath and out breath

d. When you are in-between breaths, keep your attention where the touch sensation is usually felt, waiting for the next breath to arise (there is still a sensation present)

e. Don’t control the length of your breath

f. Let the breath breathe itself

g. Experience the impermanence of the breath - from breath to breath and within each breath

h. When your attention leaves the breath, your main object of attention, **that is not a problem** – at that point, experience the impermanency of your new object of attention.

i. Various feelings and thoughts may arise. Simply acknowledge their presence. For example, when a feeling of sadness arises, immediately recognize it: “A feeling of sadness has just arisen in me.” If the feeling continues, continue to recognize it. If there is a thought like “I don’t feel like I’ll ever be able to eat mindfully,” recognize that the thought has arisen. If the thought continues to exist, continue to recognize it.

j. The essential thing is not to let any feeling or thought arise without recognizing it in mindfulness—without judgment and with kindness and compassion.

k. When no feelings, thoughts, sounds, or other bodily sensations are pulling your attention away from the breath, let your attention continue to rest on the impermanent sensations of breath.

### Sitting Practice – Choiceless Awareness

a. This meditation is designed to free you from the trap of conceptual thinking and to bring you fully into the present moment

b. With the other meditations, you intentionally keep moving the mind back to a main object of observation. With this form of meditation, you do not try to manipulate the mind in any fashion. This allowsyou to deeply penetrate the true nature of your experience.

c. Before you can be successful with choiceless awareness, it is important to have cultivated strong momentary concentration

d. Start with the mindful observation of the breath

e. When you are feeling focused, centered and clear, let go of the breath and allow each object that presents itself to consciousness to naturally arise and fall away

f. Remember to make no judgment, decision or commentary about what you observe

g. Let the truth of impermanence and selflessness reveal itself to you

h. If you lose your focus and start getting lost in the experiences that are arising, go back to the breath until you feel more centered

To stay connected:

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