



Step Out Of The **Spotlight**

APPLYING MINDFULNESS MEDITATION



1. Find a Quiet Space: Choose a peaceful location where you won't be disturbed.

Example: Transform a small section of your bedroom into a meditation nook with comfortable cushions. Find a secluded bench in a nearby park where the sounds of nature can enhance your experience. Close your office door and use noise-cancelling headphones.

Or my personal favorite: A rock with an ocean view far away from rural areas. (Too bad these aren't easily at our disposal)

Action: Identify two or three spots you can rotate between to keep your practice fresh and engaging.

2. Set a Timer: Decide on the duration of your meditation.

Starting with 5-10 minutes is perfect for beginners.

Example: Use a meditation app or a simple kitchen timer to set a gentle, non-jarring alarm. Starting with short sessions helps build the habit without feeling overwhelmed.

This Rick Rubin video worked for me:

https://youtu.be/Vi0_7idqcFI?si=GtjPYAcHOIheueJo

And if you're advanced you could use the following meditation sound:

<https://youtu.be/8343-jcXj5k?si=AENgJYRocvll4n64>

Action: Experiment with different session lengths to find what feels most doable and rewarding for you.



3. Adopt a Comfortable Posture:

Sit in a comfortable position, either on a chair with your feet flat on the ground or on a cushion in a cross-legged position. Keep your back straight to promote alertness.

Example: If sitting on the floor is uncomfortable, consider using a straight-backed chair or even meditation while lying down, ensuring your posture doesn't lead to drowsiness.

Action: Try various seating arrangements over the first few weeks to find what offers the best mix of comfort and alertness.

4. Focus on Your Breath:

Close your eyes and bring your attention to your breath. Notice the sensation of air entering and leaving your nostrils, or the rise and fall of your chest or abdomen. For every breath in, feel the positive energy flowing in. Then breathe out the negative energy.

Example: Imagine a balloon in your belly that inflates with each inhale and deflates with each exhale, or visualize a wave flowing in and out with your breaths to enhance focus.

Action: In each session, choose a specific aspect of your breath to focus on, such as the temperature of the air or the slight pause between inhale and exhale. On my rock, I focus on the sound of the sea while inhaling. I feel the sun on my skin when holding my breath. I feel the wind when exhaling.



5. Return When Distracted:

Your mind will wander. When you notice this, gently acknowledge it and bring your focus back to your breath without judgment.

Example: Treat each return to breathing as a "rep" in your mental gym, strengthening your attention muscle. Acknowledge distractions like "thought," "noise," or "feeling". This way you can categorize and dismiss them more easily.

Action: Keep track of the number of times you refocus on your breath during early practice sessions. This helps reinforce your mindfulness skills, treating each distraction as a chance to improve. It also allows you to see progress over time, fostering patience and a non-judgmental attitude towards your practice.

6. Gradually Increase Duration:

As you become more comfortable with the practice, gradually increase the duration of your meditation sessions.

Example: After a week of consistent 5-minute sessions, add an extra minute to your practice, or incorporate a second short session into your day.

Action: Set milestones for increasing your meditation time, such as after every 10 consistent sessions, to progressively build your practice.

Practical Application:

Consider integrating mindfulness into daily activities, like mindful walking or eating, to expand the benefits beyond your dedicated meditation time.

For instance, take a 5-minute mindful walk during your lunch break, focusing on the sensations in your feet and the air on your skin, or dedicate the first few minutes of each meal to eating with full attention to the flavors and textures.

