



passion. purpose. potential.

## Sitting Practice

Sitting practice is a commitment to becoming more aware—of yourself, of your mental and emotional life, and of your immediate surroundings at home or work.

### What it is

1. Sitting is simple & because of that can be difficult to do. Start with 3-5 minutes.
2. Sitting is a practice in observation, in acceptance, in compassion, in stillness. It's about discovering our true nature as human beings.
3. It is impossible to do wrong—if done with sincerity. It's very tempting to continually assess ourselves & berate ourselves, so acknowledge this as a human fact and choose to let it go. You're learning to engage in a new skill with this practice. You're a beginner. Beginners don't have to 'get it right,' 'do it correctly,' or 'be the best.'
4. You do not have to believe anything particular to sit—it does not include or exclude any philosophy or religion. It's about attending to the life flowing through you, your biology.

### How To Do It

1. Sit up straight in the chair with your feet flat on the floor.
2. Either close your eyes or with a soft gaze focus on a spot on the floor 6-8 feet in front of you.
3. Bring awareness to your breath—either in your abdomen, which rises and falls as you breathe, or at the tip of your nostrils where the air enters and leaves your nose.

Notice where your breath is most vibrant for you & put your attention there: your lips, chest, deep in your belly. Don't try to change your breathing, simply begin to observe it flowing through you.

4. Say quietly to yourself 'in' on an inhalation & 'out' on an exhalation. Between breaths bringing your attention to the points of contact where your body touches the chair, where your feet touch the floor, hands rest in your lap.
5. Your primary focus of attention is on your breath. If you find your attention wandering, simply say 'thought' to acknowledge your thoughts & bring your attention back to your breathing.
6. You can acknowledge any sensations in your body by saying 'sensation' and returning your attention to your breathing. And do the same with any 'emotions' or 'feelings' that may arise as well, returning your attention to your breath.