

Sitting Practice of Mindfulness

- I deliberately set aside time, usually every day for perhaps 30 minutes to an hour, sometimes twice a day to sit quietly, noticing, observing and witnessing all the activity of the mind, including thoughts, feelings and sensations.
- I do this without trying to change the experience in any way, just noticing where the mind is taking me, into the past or future, and gently bringing myself back to the present moment in the here and now.
- I anchor myself to the present moment as best I can, by focusing on my breath and body, and allowing myself to let go of all tension and stress from my body and mind on the out-breath.
- The purpose of the sitting practice is to help me to see reality as it is, rather than to be swept away by what the mind says it is. It forms the foundation of my journey in becoming Mindful.
- I know when I am being Mindful in my formal sitting practice because, no matter what shows up in the mind, a sense of ease and calm is available to me. This is a by-product of the practice.

Everyday Life Practice of Mindfulness

- I deliberately set out to practice being Mindful in everyday life. This means that as well as, or sometimes instead of the formal practice of sitting at a set time, I practice doing whatever I am doing - in the moment - in a way that helps me to be fully present and available to that particular experience.
- From the time I begin to wake up until the end of my day, I have the intention – as best I can – to practice being Mindful. I know that everything I'm aware of that happens and everything I think, feel or do is an opportunity to practice.
- In my day, I may plan to do something Mindfully, or I may catch myself in the middle of doing something and then deliberately bring the focus of my attention on to what I am doing. I do this so that I can notice, observe and witness the thoughts, feelings, and sensations that present themselves to the mind.
- The focus of the everyday life practice is on the spontaneous awareness of the mind so that I can be present and fully engaged with whatever I am supposed to be doing or whatever I am experiencing.
- I know when I am being Mindful in my everyday life practice because, no matter what shows up in the mind, a sense of ease and calm is available to me in whatever I am doing or experiencing. This is a by-product of the informal everyday life practice.