

Cheat Sheet

How to Meditate

Meditation is:

A way of training the mind in order to cultivate healthy mental habits.

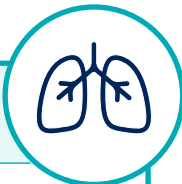
There are many different styles. Here is a simple, powerful **breath meditation** that cultivates the habits of *calm, focus, equanimity, and joy*.

Posture:



- ✔ Sit comfortably in a chair, without slouching.
- ✔ Feet under the knees, flat on the floor.
- ✔ If knees are higher than hips, consider raising the seat or placing a thick book on it.

Core Technique:



- ✔ Rest attention on the sensations of breath at the nostrils.
- ✔ When you notice attention has wandered, gently return to the breath.
- ✔ Breathe normally.

Nuances:



- ✔ This isn't about clearing your mind. Let sounds, sensations, and thoughts continue arising in the background.
- ✔ Your attention will wander, and that's okay. Your job isn't to stop the wandering; it's to notice and guide the attention back.
- ✔ When you realize your attention has wandered, don't get annoyed about the distraction; instead, feel good about the noticing.
- ✔ Apply gentle effort. No need to strain. There is no failing at this, no doing well or poorly. There's only practicing or not.
- ✔ Optional: Apply a mental label to a distraction (e.g., "thinking," "itching") to more easily let go and return to the breath.