

Reminder of the Steps in Sitting Meditation

1. *Begin by breathing in through nose and out through the mouth.*
2. *Close my eyes and be aware of sitting in the chair.*
 - *Feet, seat and hands.*
3. *Aware of the sounds around me and my connection to those sounds.*
4. *Aware of my body. Scan from head to toe*
5. *Aware of my breath.*
 - *Breathing in; Breathing out.*
6. *Breathing naturally, Breathing soft.*
7. *Aware of my body; Calm my body.*
8. *Aware of my feelings; Calm my feelings.*
9. *I am Alive; I am free.*
10. *Aware of my mind; Calm my mind.*
11. *I am meditating; I am content.*
12. *Release my focus and be free.*
13. *Return to my body and open my eyes.*

