

## Preparing to Meditate: Senior

Choose one or combine these processes to help prepare students to meditate.

### Breathing

1. Sit comfortably (on a chair or the floor) and close your eyes lightly. *Pause.*
2. Let the breath become easy and regular. Once it is comfortable, you may be able to slow your breathing a little more. *Pause for 30 seconds.*
3. Now simply be aware of the breath, follow it as it comes in and goes out, and listen to it.
4. Notice where you feel the breath in your body. *Pause for 30 seconds.*
5. Allow the breath to be as it is – let it *happen* in you. *Pause for 30 seconds.*

### Noticing Sounds

1. Sit upright and comfortably (on a chair or the floor) close your eyes lightly. *Pause.*
2. Concentrate on *the most distant sounds you can hear*. Allow yourself to hear these sounds, recognise them, and let them go. *Pause for 30 seconds.*
3. Now, move in closer and notice the sounds *just outside* the room. Allow yourself to hear them, recognise them, and let them go. *Pause for 30 seconds.*
4. Now, notice the sounds *inside the room* you are in. *Pause for 30 seconds.*
5. Finally move *inside yourself*. Can you feel your heart beating? *Pause for 30 seconds.*

### Body Awareness

1. Sit quietly and comfortably (on a chair or the floor) close your eyes lightly. *Pause.*
2. Beginning with your feet, slowly and gradually move through each section of the body step by step - e.g. 'Be aware of your feet on the floor, can you feel them *Pause.*
3. Alternatively you can simply name each section of the body and notice them, e.g. 'Be aware of your feet on the floor, put all your attention into your feet...notice your toes in your shoes, can you feel your socks, the feeling of your clothes against your skin'. *Pause after each section of the body.*
4. Be particularly aware of your thighs, spine, shoulders, arms, hands, neck, jaw and face muscles.
5. Quickly go over the whole body again, noticing any areas of tension or tightness and if necessary re-address any areas of tension. Focus the breath on the tense areas, breathe through the tightness.