



mindfulness hour @ the library

Based on the mindfulness practices of Thich Nhat Hanh, Vietnamese Buddhist monk and mindfulness teacher

Mindfulness

Mindfulness is the capacity to be right here, right now, and to witness deeply everything that happens in the present moment. Conscious breathing sustains our awareness of the present moment. With the energy of mindfulness and the capacity of looking deeply, we can find the insights to transform and heal any situation. Mindfulness can be practiced anywhere and at anytime of the day.

Bells

Bells are used in meditation to allow us to relax and become aware of our breathing. When the bell is invited, we take three breaths, in and out, stopping our thinking and restoring our calm and peace. Listening to the bell, our mind becomes one with the sound as it vibrates along, settles down, and fades away. The bell, when rung during practice, is also a gentle reminder to return to your breath.

Seating

Sit comfortably, in a chair or on the floor. If you are able to, allow your back to be straight. If your legs or feet fall asleep or you become uncomfortable, feel free to adjust your position. If needed, stand up and walk around. You can quietly make whatever adjustments are needed while continuing with the meditation practice.

Breathing

“Just as an anchor holds a boat so that it does not drift away, conscious breathing sustains our awareness of the present moment.” Pema Chodron

It requires no special equipment, locations or ability and can be practiced anytime, anywhere, and for any length of time. Breathe normally, noticing your breath as it comes in and goes out. Do not force your breathing. When your mind wanders and you notice it, return to your breath. Start as often as needed.

Exercises

Exercises are simple tools to help keep the mind focused on the moment. Silently repeating the phrase as you breathe allows you to maintain that focus.



mindfulness hour exercises

Exercises from an excerpt in The Present Moment: A Retreat on the Practice of Mindfulness by Thich Nhat Hanh

Breathing in, I know I am breathing in

Breathing out, I know I am breathing out

Breathing in, I know I am breathing in

in

Breathing out, I know I am breathing out.

out

Breathing in, my breath grows deep,

deep

Breathing out, my breath grows slow,

slow

Breathing in, I am calm,

calm

Breathing out, I am at ease

ease

Breathing in, I smile,

smile

Breathing out, I release

release

Breathing in, I establish myself in this present moment,

present moment,

Breathing out, it is a wonderful moment

wonderful moment

Use the combination of phrases that works the best for you, or create your own phrases

Breathing in, I calm by body

Breathing out, I smile

Breathing in, I dwell in the present moment

Breathing out, it is a wonderful moment