

MINDFULNESS PRACTICE #2

Title: Mindfulness of Threes

Skills: Observing.
What's important about this practice is that it practices expanding observing.

1. Sit in a mindful posture: Choose a position that you could hold for 20 minutes without moving
 - a. Feet flat on the floor
 - b. Back straight but not so straight that it is painful
 - c. Arms/hands open
 - d. Chin tilted slightly up
 - e. Eyes open
2. When the bell sounds 3 times, follow your breath. Don't change your breathing. It's not deep breathing. Breathe as you normally breathe. Notice the path of air as it comes in your nose/mouth, down your throat, into the chest and diaphragm. Follow your breath back out. Repeat until the bell sounds again.
3. When the bell rings once again, add to following your breath, noticing the sensation of your feet on the floor. Notice the sensation of the bottom of your feet. Continue to follow your breath.
4. When the bell rings again, while continuing to follow your breath and the sensation of your feet on the floor, expand your awareness to the sounds in the room. Don't label the sounds. Don't think about the sounds. Let the sounds flit across your awareness.
5. Inevitably you will notice that you are only attending to one sensation or you are attending to none, you are thinking about something else. When you notice this, start again. Many people find it helpful to start over with the breath, then add sensations of the feet then add sounds in the room.
6. Ring the bell once to end the practice.

