

Daily Mindfulness Practice Flow - 6 Week Mindfulness Challenge

Step 1: Ground self in the present.

- Find a place in your home to practice each day. Look around and locate yourself in this place.
- Connect with your body. Feel the touch points of your body to chair or floor.
- Find your breath. Where do you feel the sensations of breath most strongly?

Step 2: Remind your mind that the only objective is the ‘returning’ to present moment and the breath.

Might have a short phrase of words to self (a few examples):

This will also change; The wisdom of no escape; Going nowhere right now; Thine will be done lord not mine; Not mine (create a phrase that reminds you to move out of the binary, controlling, comparing, story telling, judgmental parts of mind).

Step 3: Sit 3 times a day. How long to sit? Decide a duration time in the mornings that is a comfortable length for you (recommend sitting before the tasks of the day begin); during the day (5 to 10 minutes), evening before bed (10 to 20 minutes). Use a timer, such as <https://insighttimer.com/> and gradually increase duration each week. What is important is to be consistent with your selected practice length and times in the day. Experiment with different times during the six weeks. Bring curiosity and observation to your own practice experience.

Step 4: Rotate the practice each day between Breath/RAIN Practice and Breath/Metta Practice. For example, start day one with Breath/RAIN practice and day two Breath/Metta Practice and day three return to Breath/RAIN practice and day 4 to Breath/Metta practice and so on.

Breath/RAIN Practice

Find your breath. Return to the breath. Let the breath be your anchor to ground the mind in the present moment. Keep returning to the breath when you notice the mind has wandered away. When you notice your mind is in a ‘thought stream’ us RAIN to bring awareness to the thinking mind and return to your breath.

R - Recognize what is going on. What are you thinking about right now?

A - Allow the experience to be there, just as it is.

I - Investigate with kindness.

N - Natural awareness, which comes from not identifying with the experience.

Brath/Metta Practice

Mettā is a Pali word that means benevolence or loving-kindness.

Find your breath. Return to your breath. Begin your daily practice by saying this phrase to yourself. When you find your mind is no longer aware of breath, say this saying to yourself and return to your breath. Some days you can change “May I” to “May you” and direct the saying to someone you care about, a benefactor, a person in your life that has provided love, support and mentorship to you in some large or small way.

“May I be free from all forms of danger and harm

May I have mental happiness

May I have physical happiness

May I have ease of well-being”