

Being Still

Mindfulness Worksheet

MEDITATION ON STILLNESS

- Take a comfortable seat in the most quiet place you can find, far from distractions
- Set a timer for 3, 5 or 7 minutes
- Close your eyes and draw your attention to your breath
- Give yourself permission to rest, to do nothing, to simply be still
- Rest in the presence of breath and body awareness
- Each time you notice the 'doing' of future thinking, or the 'doing' of rumination on the past, remind yourself that you have permission to let it go, to stay present, to rest
- Feel your mind relax back into the freedom of spaciousness Let your mind take a break and rest in a sense of ease

A MINDFULNESS TASK

Try the following as you go about your day...

- Do only one thing at a time, avoid multitasking
- Notice how often during your day you get the opportunity to do nothing
- Can you take advantage of these moments and do less?
- Notice when you fill space with mindless or busy-ing activity
- Notice when you fill space in your mind by thinking
- How often, outside of formal meditation, do you just sit and notice and listen?

WHAT DID YOU NOTICE?

Describe your general experience with the meditation



