

Preparing to Meditate – Senior

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

Breathing:

1. Sit upright and comfortably (on a chair or the floor) close your eyes lightly. *Pause.*
2. Take a few healthy intakes and release of breath to start the relaxation process
3. 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.*
4. Now simply be aware of the breath, follow it as it comes in and goes out, listen to it
5. Notice where you feel the breath in your body. *Pause for 30 seconds.*
6. 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.*

Relaxation

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 - tensing and relaxing as you go, e.g. 'Be aware of your feet on the floor, tense/tighten them and hold (*pause*), now let them relax and let go.' *Pause.*
3. Alternatively you can simply name each section of the body and suggest that they relax, e.g. 'Be aware of your feet on the floor, put all your attention into your feet...now consciously relax them and let go'. *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, to confirm that your whole body is relaxed, and if necessary re-address any areas of difficulty.