



Mindfulness of Breathing

During mindfulness, you will train your mind to stay in the present moment by following your breath.

Mindfulness can be practiced throughout the whole day.

When you're eating, walking, sitting, lie or driving.

In this teaching, I will keep myself at the sitting part. During the sit, you will have your eyes closed and point your mind and concentration on the rising and falling of the abdomen.

During the practice your mind will play tricks on you and try to distract you to go outside yourself, those triggers can be:

- awareness: one-of-the-five senses (hearing, smelling, tasting, seeing, touching)
- thoughts can come up that will bring you to the past (remembering) or future (thinking)
- craving, pain, hunger, emotions

How to stay in the present moment and how does meditation go?

Staying in the present moment we do by following the breath *{the rising and the falling of the abdomen}*

When you inhale, the abdomen comes up, you say mentally **rising**.

When you exhale, the abdomen goes down, you say mentally **falling**.

When you experience one of the triggers coming up, let's say you have been going into memory (remembering), or future (thinking) - you note it three times (let go) and come back to the present moment where you follow the rising and falling of the abdomen.

Noting you do as follow:

{by saying mentally (3x)}

- *When going to the future:*
 - * *Thinking is arising, thinking is arising, thinking is arising.*
- *When going to the past:*
 - * *Remembering is arising, remembering is arising, remembering is arising.*

After noting it you come back to the present moment that is following the breath, you just continue what is happening that moment, when you inhale you say rising / when you exhale you say falling.



It might also happen that one of the five awareness's come up.

When that happens, don't identify what is happening but just note what it is and let it pass away.

- | | | |
|---|---|--------------------------|
| It doesn't matter who/what is making that sound. | > | Hearing is arising (3x) |
| It doesn't matter what is crawling on or rubbing you. | > | Touching is arising (3x) |
| It doesn't matter what is passing your nose. | > | Smelling is arising (3x) |
| It doesn't matter what you see. | > | Seeing is arising (3x) |
| It doesn't matter what that taste is. | > | Tasting is arising (3x) |

It might also happen that you will be triggered by something from the outside or maybe an emotion from within.

Now again you will note it, but now in difference to the other notations, now *you will not identify yourself with it*.

When there is anger - it is not You who is angry, but something is causing the mind to get angry. You are not the mind.

Or maybe sadness is coming up, also here - it is not you who is sad - it is the mind that is sad.

Or maybe the mind will crave for food, also now, don't identify yourself with it.

By noting as: "It's, not me, myself nor I craving/sadness/anger/... is arising" 3x

It may also happen that you experience pain in your body, of course, you can change your position but better would be to note what is happening in order to let it pass away. The pain is not in you, it is in your head/body. And your head/body is not you. Try, to note it, instead of allowing your body to move you, now you stand above it. You are in control of your body, and not another way around.

Go with the mind to the spot where the body feels pain and now to note it exactly as how it feels. Is it burning? Cramping? Or something else? Note it as it feels.

"Burning, ... / Cramping ... /... " 3x

When it happens that after several times the pain comes back or maybe becomes more intense, now go with the mind to the spot of the pain. Visualize that you drill a hole into the spot where you feel the pain. And when you're there note it as it feels while with your mind in the source of the pain. Note it as what it feels, 3x, and come back to the breath.

Distractions by the mind can bring you to the past or the future, each we note as follow:

- the past > **remembering** {or choose a word that suits you best and keep using that}
- the future > **thinking** {or choose a word that suits you best and keep using that}



You will get distracted by one of the five senses, this might be:

- ears > **hearing** is arising
- nose > **smelling** is arising
- skin > **touching** is arising
- mouth > **tasting** is arising
- eyes > **seeing** is arising

When you inhale your abdomen rises, when you exhale your abdomen falls.

When it rises you say mentally **rising**.

When it falls you say mentally **falling**.

Whatever distraction you may have or whatever you may experience, just note it and come back to the breath.

And did it take you quite some time to realize that you are being distracted?

Be gentle to yourself, just note it and come back to the breath.

When this (following the breath) is flowing, and going easy for you I will add you one more (extra point for concentration) point of concentration on where to go with the mind. But for now, as a beginner, this is enough. When you want more, please reach out and I will give you another point.

*And if it happens that it is too much for you to use the sentence as XXXX **is arising**, you can also decide to leave it out and just say what is happening.*

Eg, instead of thinking is arising (3x), You just say thinking (3x)

When I started with Vipassana (Mindfulness), my first teacher taught me to say thinking (3x), remembering (3x),

*Somehow this was, in the beginning, difficult for me, my mind kept on flying to the future and the past. To emotions, and cravings. And just wanted to leave the retreat. Then I ran into an other teacher and he taught me the same only added to the end **is arising**, this worked better for me. This is now many years ago. When my mind finally went still and calm then it became easier to me to remove the **is arising** and now I only use the **happening**.*

Would say, try and see what works best for you. And before you start jumping from the one to the other first try one for several days/ weeks before changing. By changing regularly you will not be training your mind, but your mind will be playing you.

How does a meditation look like?

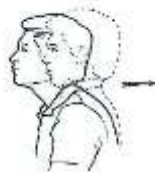
Place yourself in a comfortable position.



Place your hands in a comfortable position. You can choose to do it as shown in the illustration, on or with your hands on your knees with hand palms up or down. Alternatively, place your hands on your calves or thighs.



Have your spine straight all the time. To start with, make a neck lock by tucking in your chin and making your spine longer.



Close your eyes.

Visualize a string going from the top of your head to the universe, and imagine that someone is pulling you up. Your spine is straight.

Start with the body scan - go from your toes, feet, ankles, calves, knees, quadriceps, hamstrings, hips, buttocks, pelvis, lower back, upper back, abdomen, chest, shoulders, arms, hands, fingers, neck, throat, chin, back of the head, lips, cheeks, nose, forehead and crown.

Note the distractions that are coming from outside – these can vary from situation to situation and from location to location. After noting it and passing away, return the present moment by following the breath.

Try to meditate on a daily base for at least 30 minutes, if this sounds difficult or too much you can also start with less. Try then to meditate 2x a day each time 5 minutes. When you see that 5 minutes goes easier as when you started then try to extend this to 10 minutes, or what feels good for you.

With Metta,
David