

INSIGHT MEDITATION COMMUNITY OF CHARLOTTE

INSIGHT MEDITATION GUIDELINES

Body-Posture

Assume a position in which you can be both alert and relaxed for 30 minutes. The spine should be straight, shoulders down, arms and hands resting in your lap. You may choose to sit on a chair with feet on the floor, or on a cushion with legs crossed. Keep your eyes closed and become aware of your body.

Body-Breath

Bring your awareness to your breath. Do not control your breathing. Allow your body to breathe itself. There may be a natural change to the depth and length of your breath during the sitting. Whatever way you are breathing is fine. Just watch. Focus your attention wherever it is easy to maintain awareness of your breath. This could be your nostrils, chest or abdomen. Be aware of the coming in and the going out of the breath.

Mind- Intention

Begin your meditation with the intention to remain focused on your breath, and experience it with bare awareness.

Mind-Thoughts

While you are attempting to focus on your breath, thoughts may frequently enter your mind. This is normal. Allow them to float in and out like clouds. The goal is not to stop them, but to not get hooked on them. We don't want to get caught in stories about the past or fantasies about the future. When you are aware that you are in thought, choose to return to your breath. This is not a failure, but a growth in awareness. Be kind, gentle, and non-judgmental with yourself. You can always begin again.

Benefits-Insight Meditation

As your meditation progresses you become more mindful. You can connect more deeply with your body, feelings, and thoughts. This connection helps you to grow in insight, wisdom, compassion, clarity, lovingkindness, and equanimity. You become less stressed, less reactive, and more in the moment.