



# Basic Meditation Practice

“Be-Here”; Wake-Up; and Let-Go”

Simple instructions for sitting  
meditation

## “Be-Here”

Be curious about the *physical sensations* that are occurring right now: particularly those related to how gravity is influencing the sense of the **body** and how the body is **breathing** in this very moment — focus on these types of simple, physical things. Adjust the body’s posture so that there is a relaxed but supported alignment of the spine (making room for the breath); also, take some time to play with the breath: making it longer and slower for several moments before letting the body set the pace for breathing naturally again.

Take care to sit and breathe in such a way that you feel both **settled and alert**. When any of “*mental sensations*” of thought, emotion, intention, remembering, imagination, etc. pull you away from the simple physicality of what is happening right now, silently **Label** those distractions and allow them to remain in the background.

[Emphasize this step to anchor attention throughout the practice whenever restless or sleepy]

## “Wake-Up”

Maintain the stability of your attention by **Noting** “sitting... sitting...” or “breathing... breathing...” (hearing these mental **Labels** in your mind as the many sensations of breathing and sitting are noticed). And as your attention wanders away (or as it feels natural to do so), also begin to Note the sensations of feelings, thoughts, and mental states that are most obvious to you, and return to Noting “sitting... sitting” or “breathing... breathing” (if you choose to). Hold what is *framed* by each Note “at arm’s length” as you observe its detail — don’t push it away, but don’t embed yourself within it either (like reading a book: not too far, not too close).

Remember that Labels are merely used to help you “*frame*” what you are aware of in each moment of Noting — use caution not to let these mental words become the primary focus. Treat each moment of “framing” like you are exploring exhibits in an art gallery: maybe read and reflect on the titles, but focus mostly on deeply gazing into the painting while carefully **investigating** its detail (most specifically, try to notice the way that sensations might *change* in a wave-like, pulsing, flickering, vibratory, or sudden way). Keep with a steady pace (things may not feel clear at first).

[Emphasize this step when reasonably comfortable/alert, but also prone to getting lost]

## “Let-Go”

As mental clarity increases and your focus expands, gradually drop Noting anything and **release the “clenched fist” of the mind** (any clutching onto or resisting against what is noticed in any given moment). Allow all things to arise, endure, change, and complete themselves without following or fighting any of it. In other words: *Just sit there* — without aim, agenda, desire, discontent, expectation, or goal (even letting go of the “effort” to let go).

Consider...

“What do *fists* do?": they cling to or fight off what is happening.

“What do *open hands* do?": they naturally hold or release without disturbance.

[Emphasize this step when Noting seems unnecessary]