



Mindfulness Meditation

Being in Charge of the Moment

Anchoring our attention in the here and now can be hard, especially when you're uncomfortable in mind or body. In this brief practice, we will focus on various ways to stabilize our attention, thus being able to sense into your experience with an empowered attitude.

There's not much in our control, yet there is a sense that we can take charge of the moment.

We'll practice taking charge of the moment by focusing and then softening our attention. It will be interesting to observe what happens to your breath as you move through this practice.

Let's give it a try.

First, find something in your environment to look at. Focus your attention here.

Soften your gaze by relaxing around your eyes. Allowing attention to rest like a butterfly landing on a flower on the object you've selected.

This softening and resting of attention is important.

Now, while focusing and resting your gaze on the object you chose, find your breath.

Simply notice if it is long or short.

Fast or slow.

Tight. Full. Constricted.

If you feel comfortable, close your eyes.

Direct attention now to the hands.

Allow your attention to rest here.

Sense what it is like to focus with a light touch.

Sensing the way your fingers feel.

Focusing your attention first on the way your fingertips rest gently against your body or next to you.

Then, shifting your attention to sensing the space between each finger.

Find your breath.

Simply notice if it is long or short.

Fast or slow.

Tight. Full. Constricted.



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Direct attention now to the feet.

Allow your attention to rest here.

Sense what it is like to focus with a light touch.

Sensing each foot. Front and back.

Each toe and the space between the toes.

Find your breath.

Simply notice if it is long or short. Fast or slow. Tight. Full. Constricted.

Now direct your attention to the area around your heart.

Sense what it is like to bring your attention here, softening as you breathe into this connection with yourself.

We can learn to stabilize our mind and attention by directing and sustaining it on an object. Then, we can gradually open to more of our experience with strength, clear seeing, and a sense of dedication to life.

Now, reflect back. Where was it easiest for you to focus? Was it the object that first caught your attention when you softened your gaze?

Your sensing of hands, feet, or heart?

Or, maybe it was the noticing of your breath?

If one comes up, that may be the point of stabilization for now. Just try setting the intention to direct your attention there and stay with it.

See what happens.

You've done a great job, and you'll feel even more empowered to take control in difficult moments the more you practice.