

Care of the mind

Meditation

Calming the body and mind

Calming the body

Begin with the wish that everyone will benefit by you achieving a calm relaxed body through this meditation.

Relax by sitting comfortably in a chair or lying on the bed.

Whatever position you choose it is important that your spine is straight, your body is comfortable and your breath rises and falls naturally in your chest.

Begin by scanning lightly through your body beginning at your toes. Feel them softening and relaxing.

Slowly move up the back of your legs relaxing each part of your body - your shins, the back of your knees, the back of your thighs, your buttocks. Feel everything relax.

Move up to the lower back, the waist, the middle back, the upper back, the back of the neck, the back of the head and your scalp.

Return to your knees and relaxing and softening the front of your legs - your thighs, your pelvis. Feel the relaxation flowing into your hips and abdomen. Feel each part softening, releasing, letting go.

Feel the rising and falling of the chest, the upper chest, the muscles of your neck, your shoulders, upper arms, lower arms, hands and fingers - all release and let go.

Now bring your awareness to your face. Allow your tongue to rest in the base of your mouth or put the tip of your tongue behind your top front teeth. Allow your jaw to slightly open, releasing, letting go.

Feel your forehead relax, your eyes are soft, your tongue is soft, your face is soft.

Feel your whole body is calm and relaxed. Now bring your awareness to the rising and falling of the breath wherever you can feel it most easily. Perhaps it is at the nostrils, perhaps it is in the



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chest, or the abdomen, or somewhere else. Continue to focus on the rising and falling of the breath for three more breaths.

Finish with the wish that you as well as all other beings become relaxed and peaceful.

Imagine this calm peaceful feeling flows out from your body in the form of white light. See it surround all other beings especially those who are experiencing any pain or discomfort.

Imagine that the light fills their bodies bringing them total relaxation and freedom from all pain.

Calming the mind

Begin with the wish that everyone will benefit by you achieving a calm relaxed mind through this meditation.

Relax by sitting comfortably in a chair or lying on the bed.

Whatever position you choose it is important that your spine is straight, your body is comfortable and your breath rises and falls naturally in your chest.

Now focus your awareness on the rising and falling of your breath wherever you can feel it most easily. Perhaps it is at the nostrils, perhaps it is in the chest, or the abdomen, or somewhere else.

Continue to focus on the rising and falling of your breath as your body and mind relax, bringing your attention gently from the outside world into your inner world of awareness.

It is natural for thoughts, emotions, feelings and sensations to arise. It is not necessary to try to stop them. Just as it is natural for the sky to contain clouds and the ocean to contain waves, so it is natural to experience thoughts, emotions, feelings and sensations.

Just as you accept clouds in the sky and waves in the ocean now accept whatever thoughts, emotions, feelings and sensations that are arising for you at this time without trying to change anything.

Continue to focus your awareness on the rising and falling of your breath

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Each time your mind drifts away gently come back to the rising and falling of the breath.

Allow your mind to become calm just like a calm still ocean on a warm moonlit night

When you are ready to finish the meditation take three slow breaths.

Imagine the calmness of your mind flows out in the form of white light to all others especially those experiencing any distress or discomfort.

Imagine that it surrounds them with calmness and tranquility. Imagine the light then flows back to you increasing your sense of wellbeing and becoming a continuous circle of giving and receiving.

Priscilla Maxwell

Karuna also has experienced people you can talk with on:
07 3632 8300 or karuna@karuna.org.au



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SLID 1036 V1