

Beginning to Meditate

Designate a private space in your home for prayer, reading, and meditation. Include a timer which will allow you to know when the meditation period is finished.

1. Begin by taking an upright position. Lengthen the spine. Place the hands together or resting on the thighs.
2. Quiet the mind by drawing attention to the breath.
3. Make the sign of the cross and ask God for the grace of meditation.

Beginning or Noticing

1. Acknowledge that you have taken your seat.
This is an opportunity to pay attention to the body. Do a scan of the entire body from the head to the toe, simply noticing that you are there in your seat.
2. Notice the connection between Heaven and Earth.
3. Come alive on the inside.
Here you begin to place your attention on the breath. On the inhale notice the extra space that is provided around the heart when you breath into the entire upper body. Using a breathing technique such as three part breath can be helpful.
4. Soften.
As you enter into meditation, use each beginning exhalation to surrender the various parts of the body where you might feel tension. This is an invitation to remain alert but also relaxed.
5. Radiate outward.
Here the attention turns to the outside. Allow your concentration to turn to the exhalation. As you experienced space open on the inhale, begin to notice how the breath moves beyond the body and into the space around you.

Maranatha or Mantra Meditation

1. Follow the above beginning instructions.
2. On the inhalation of the breath in your mind repeat the words:
Lord Jesus Christ; On the exhalation repeat the words Have Mercy on me
or
3. Choose a word that is sacred to you and repeat on inhalation or exhalation

Mindfulness Meditation

1. Follow above beginning instructions.
2. While connecting with breath begin to follow each breath from the beginning to the end, paying careful attention to the space between the inhalation and the exhalation.
3. When the mind wanders, as it will, label the thoughts that you have “thinking” and reconnect with the movement of the breath.

Walking Meditation

1. Find a quiet place to walk on your own.
2. Leave all devices behind.
3. Apply the breathing attention or the mantra while walking at a steady pace.