

SITTING PRACTICE: WEEK 3 & 4

Week 3: The Practice/Path Is the Goal

Remember, we are not seeking a defined experience: there is nothing to "get right" or "accomplish."

If the children don't have an expectation in the first place, they won't worry about what is supposed to happen. So that's the good news.

However, if you're an adult just learning yourself, there's a tendency to focus on the outcome instead of being focused on the path (i.e. the practice).

Feeling impatient or frustrated can be completely normal. However, this can also be an opportunity to practice patience. Make doing the practice be the only goal.

Remember, the path is the only destination.

Just sit, relax, and allow.

To reiterate some thoughts from last week:

Whatever happens during your session: sleep, mind wandering, mind racing, lightning bolt of insight, or deep relaxation, it is exactly what is supposed to happen. Always honor whatever experience you have. It is a gift.

Breath is the anchor: all people who practice and teach meditation know that the breath is the starting and finishing point for all types of meditation. We carry our breath with us in every moment; therefore, it becomes our anchor, helping us to focus on the moment, rather than be distracted by our thoughts.

Children can learn this, too – that simply noticing their breath and how their chest rises and falls helps them to be in the moment (or if they are younger, getting them to touch with their chest/tummy to notice).

In that moment, your child is in their breath and nowhere else. If you do the same, then you are both anchored in that moment together.

Duration: 6-7 Minutes

Practice sitting on the pillow and breathing for 6-7 minutes each day. Again, we are not seeking a defined experience. We are simply getting into the routine and practice of sitting on a pillow and relaxing.

Nothing more, nothing less.

Instructions/Say the Following:

“Sit quietly on the pillow with legs crossed”

“Close your eyes and notice how good the air you breathe feels inside your body.”

“Take three deep breaths and say these words to yourself inside your mind: breathe in ‘happiness,’ breathe out ‘love.’”

“Notice how relaxed you are feeling, and start to smile.”

Week 4: Adding Nuance to the Practice

To reiterate some thoughts from last week:

Whatever happens during your session – sleep, mind wandering, mind racing, lightning bolt of insight, or deep relaxation – is exactly what is supposed to happen. Always honor whatever experience you have. It is a gift.

Children can learn this, too: simply noticing their breath and how their chest rises and falls helps them be in the moment (or if they are younger, getting them to touch their chest/tummy to notice).

This week, we are going to incorporate an added layer of conceptual experience to the practice in the form of energy/light and visualization. This will make the practice more engaging and help anchor kids in the present moment.

Not to mention, it's pretty fun.

Duration: 9-10 Minutes

Practice sitting on the pillow and breathing for 10 minutes each day. This amount of time is quite impressive, if you think about it. We have built a solid foundation from which this will be a smooth transition.

Again, we are not seeking a defined experience. We are still building a foundation and just sitting on a pillow and relaxing.

Instructions/Say the Following:

“Sit quietly on the pillow with legs crossed”

Option 1: “Close your eyes and notice the air you breathe to see if it has color to it. Is it blue or yellow or green?”

Option 2: “Imagine breathing in orange energy/light and feeling happy, then breathing out purple energy/light and giving love.”

“Notice how relaxed you are starting to feel.”