

## A Basic Meditation

*This is only a suggestion for people seeking a simple way to meditate.  
We have to determine for ourselves what works best for us.*

### Preparing

- We find a comfortable place to do this. “Comfortable” means a place where we can stay still or fairly still.
- We close our eyes, or we half-close them, or we keep them open – whatever works for us.
- (Optional.) We set a timer for whatever period of time we choose. We begin with a short time. We can always increase it later.

### Meditating

- We breathe normally, through the nose. We don’t hold our breath, or make ourselves breathe deeply – we just breathe normally.
- We watch the in-breath begin, continue, and end.
- Then we watch the out-breath begin, continue, and end.
- After doing this for a time, we start to notice the “gap” – the slight pause between the end of the out-breath and the beginning of the next in-breath.
- Now we watch:
  - the in-breath all the way in,
  - the out-breath all the way out,
  - the small “gap” between the out-breath and the next in-breath.
- After some time, our minds start to “wander.” When we notice this, we gently return our attention to the in-breath, the out-breath, and the small “gap.”

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### Notes on this Basic Meditation

- Some of us find it helpful to count: We silently say “One” before the in-breath, “Two” before the out-breath, and “Three” before the small “gap.”
- All of us find that our minds wander when we meditate. This is what happens:

*We watch the breath; we forget to watch the breath; we remember that we’ve forgotten to watch the breath; we go back to watching the breath ....*

*It’s all meditation.* Watching the breath is meditation. Forgetting to watch is meditation. Remembering that we’ve forgotten to watch is meditation.

- “Little and often” can be better than “a lot but only occasionally.” Several brief meditations a day – perhaps of just a few breaths – may be just as good as one long session.
- There is no such thing as a person who can’t meditate in this way. There are only people who *won’t*.
- There is no such thing as a “good” meditation, or a “bad” meditation. There is only meditation.