



## **Instructions for a combined concentration/insight/loving kindness meditation**

Time: about 30 minutes

Sit quietly on a cushion or chair, erect but not stiff. eyes closed, hands resting on thighs or folded. Know that you can move if you do so with intention.

### **Concentration**

Choose the inbreath and outbreath as the objects of attention (either the sensation of the breath on the nostrils or the rising and falling of the chest or abdomen.

Count the inbreaths and outbreaths ("inbreath 1, outbreath 1, etc) up to ten and back down to 1. Do this for 2-3 cycles. Do not control the breath either by making it faster or slower, deeper or shallower. Then do the following 3 meditations shifting to the next when it feels right. The words in parentheses for each meditation can be used as a short cut.

1. "Breathing in, I know I am breathing in. Breathing out, I know I am breathing out." (In, Out)
2. "Breathing in, my breath goes deep. Breathing out, my breath goes slow." (Deep, Slow)
3. "Breathing in, I am aware of my whole body. Breathing out, I calm my whole body." (Aware of my body, Calming my body)

The breath will normally get deeper, slower and become almost imperceptible. It is then time to shift to insight meditation

### **Clarity (Insight)**

Observe the arising phenomena (thoughts, memories, perceptions, sensations) and experience the three characteristics of all that arises in the mind: impermanence (rising and falling away), the inability for each to provide any lasting satisfaction or dissatisfaction, and the selfless nature (not a part of you and not controlled by you.

### **Equanimity**

Rest in the silence. Observe the peacefulness and joy that arises from non-attachment to the arising phenomena.

### **Loving Kindness**

Silently give metta to all being with the following phrases or ones that you create

"May all beings be happy and peaceful"

"May all beings be safe and protected"

"May all beings be filled with contentment"

"May all beings be free from suffering (dissatisfaction, unease, discontent, etc.)

"May all beings have the patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life. May all beings always rise above them with morality, integrity, forgiveness, compassion, mindfulness and wisdom."