

Quiet Sitting Meditation

If the idea of a more formal meditation feels too daunting or overwhelming, why not simply sit and reflect? Spend a few quiet moments—before doing chores or checking e-mail, before anyone else wakes up—and enjoy some contemplative time in your own private, comfortable space like the couch. One client shared with me that this is her favorite time of day and calls it “The Couch Meditation”.

Steps:

1. Find a quiet, comfortable place to sit, like a couch or easy chair. Make sure it’s free from distractions, including the phone and TV.
2. Get comfy. You might bring along a cup of coffee or tea and a blanket, if it’s chilly, or even invite your favorite pet to join you.
3. Just sit. Treat yourself to a few minutes of quiet time before all of the morning activity.
4. Close your eyes, if you’d like, or keep them open; do whatever feels natural and easy.
5. Reflect, moment by moment. There’s no set process or agenda. You might decide to focus on your breath, watch the sunrise, or listen to the birds.
6. Be open to inspiration. As you spend time in reflection, ideas for the day may come to mind. Keep a pen and piece of paper nearby.
7. Sit quietly for five to twenty minutes. When you’re ready, stand up, stretch your arms to the ceiling, and start your day, calm and focused.

Mindfulness is practical. Being present in every single moment with full understanding and calm acceptance is a contented, happy way to live. It makes sense. It’s entirely rational. It’s not magic.

—Sylvia Boorstein