**Mindful Meditation at Brent Knoll School**

**Prepare --- Breathe ---Visualise**

**Setting** --- Anywhere you can be comfortable, uninterrupted, and can devote time.

**Posture**--- Seated in a chair, feet flat on the floor. Take the right amount of support from the upright /seat of the chair. Encourage uprightness in your spine, **not** rigidity and shoulders soft and releasing downwards. Settle into this comfortable position allowing fidgets and adjustments and then when you are ready decide to be **STILL.** Physically still, like a living statue. Maintain self-discipline to keep yourself still for the duration of this meditation.

**Eyes**--- Close your eyes immediately or imagine you are softening your eyes and relaxing your eyelids, focus out into the distance. Your view is likely to be blocked by inner walls and objects, just gaze forward regardless, our eyes naturally soften and release when we are gazing out into beautiful or pleasant thought provoking views, like into the blue skies and beyond, or out into the ocean or forest greenery. Eventually your eyelids will close down on to your face naturally or they will stay partially open.

**Quiet**---Become silent completely, by becoming quiet inside you will be aware of those tiny sounds of the rise and fall of the breath, and those little nuanced sounds our body creates. If there is any outside sound at all, in your proximity or outside, acknowledge its presence and stay focussed on your intention to continue developing your stillness in this meditation. Quiet also means being quiet inside, any thoughts, be they mundane or important, are acknowledged and accepted as being present (even though you would rather they just evaporate away.)

**Breath**--- Do **not** consciously make any changes to your breathing and avoid lifting your shoulders or taking big gulps of air. Just breathe naturally for you. Ideally you are breathing *in* through your nose and then also breathing *out* through your nose or mouth whichever is right and comfortable. Surprisingly, most of us breathe out through our nose naturally so just discover through practice what is best for you. Please follow the pathway of each breath on its inner creative journey within you. Imagine the breath entering you and going deep into the lungs and filling your lower belly and then releasing your breath smoothly and easily for a new breath to enter you seamlessly. Continue breathing in this way and eventually you will notice how you are well, you’re relaxing physically and mentally.

**Completion**---Pause in moments of reflection about your entire experience from the moment you settled down into position. Please **write** **your reflections down**, such things as whether you noticed the muscles of your body relaxing, how comfortable you felt, any inner imagery, pictures or moving scenery, whether you had feelings of being calm and resourceful, rested and in charge of yourself.