Mindfulness meditation has its basis in the practice of being fully present in the moment with non-judgmental awareness.

Mindfulness has many applications from walking meditation to dish washing meditation, but to begin we suggest that you try seated mindfulness with counting the breath meditation. This is the basic practice of the Zen tradition and forms the cornerstone of any mindfulness based practice.

Sit comfortably.

Bring your attention to your breath.

Mentally count the number 1 on the inhale, 2 on the exhale, 3 on the inhale, 4 on the exhale, etc. until you reach the number 10 and then simply start over.

If you see that you are caught up in a thought to the point where you have lost awareness of the breath then simply see the thought, acknowledge it and let it go. Then gently return to the breath and begin again. Each time you do this, you build your ability to put your mind where you want it to be for as long as you want it to be there. This mental ability is the basis of equanimity and is a developable skill.

Try it for yourself!

Area resources:

The University of Toledo Mindfulness and Creativity Initiative. (Jay.Weik@utoledo.edu)

The Buddhist Temple of Toledo (www.BuddhistTempleofToledo.org)

Toledo Mindfulness Institute (www.ToledoMindfulnessInstitute.com)