



Tranquil Mind

A gentle, accessible meditation practice emphasizing kindness, ease, and peace of mind. This practice is based on the original teachings of the Buddha, as he taught them 2600 years ago.



How Tranquil Mind Is Different

Unlike other meditation techniques, Tranquil Mind emphasizes joy, fun, and allows you to experience deep states of tranquility – in days or weeks, not years! It is immediately effective.

Tranquil Mind Meditation Benefits



Greater Peace

Develop natural tranquility

Clarity

Better understand how your mind works

Compassion

Cultivate genuine goodwill



Tranquil Mind

Ready to experience peaceful
meditation with a smile?

Let's get started!

Meditation and Mindfulness

What is Meditation?

- Meditation is the active process of placing your attention on an object, typically mental.

What is Mindfulness?

- Mindfulness is observing how mind's attention moves from one object to another





How to meditate with Tranquil Mind

Part 1

Getting Ready

Sit with eyes closed

Keep your back straight but not stiff

Most people sit in a chair

Relax – mentally, physically

Do not move once you're ready to meditate

SMILE 😊 - in your mind, in your heart, on your lips



How to meditate with Tranquil Mind

Part 1

Generate Loving Kindness

Place this warm feeling in the center of your chest

Say to yourself: “May I be happy,” “May I be peaceful,” “May I be calm”

Really mean it – sincerely wish yourself well

Don’t just repeat words; focus on the actual **feeling** of caring for yourself

About 75% of your attention on the **feeling**, 25% on the words

This **feeling** will be your meditation object

Keep the **feeling** going to yourself for 10 minutes

How to meditate with Tranquil Mind

Part 2



Your Spiritual Friend

Pick someone who is:

Living (not deceased)

Someone you would not have romantic feelings for

Not a family member (too many emotional complications for beginners)

Someone who makes you smile when you think of them

A person you deeply respect and genuinely wish well

You do not have to tell this person that they are your Spiritual Friend

It could be someone you know personally

or someone that you admire, like a public figure

How to meditate with Tranquil Mind

Part 2



Loving-Kindness & Your Spiritual Friend

Loving-Kindness for Your Spiritual Friend Remaining 20+ minutes

Picture your friend in the center of your chest
Say: “Just as I feel happy, may you be happy and peaceful”
Surround them with the same warm feeling you gave yourself
See them smiling and content
Don’t try to “send” the feeling
Just let it naturally **radiate** like warmth from a candle



What do we when our mind wanders?

Everyone experiences this

We expect this to happen

Don't worry about it!

It's perfectly natural that your mind will wander away from the feeling of loving-kindness. Everyone experiences this. We don't fight it, we don't try to analyze it, we don't try to force it to be different. We do not "try harder"!

The 6Rs – we use this when our mind wanders



Recognize

Notice when attention wanders without judgment – it's no longer on the feeling of loving-kindness



Release

Gently let go of whatever captured your attention



Relax

Relax, soften any tension or tightness in body or mind



Re-smile

Bring back the smile – in your mind, in your heart, on your face



Return

Bring your attention back to your meditation object – the feeling of loving kindness



Repeat

Repeat as needed – but don't get serious – don't push or try harder – be kind and gentle with yourself

Common Things Beginners Run Into



Trying Too Hard

Tranquil Mind should feel gentle, be enjoyable, not like mental work

Self-Judgment

Noticing wandering mind is mindfulness, not failure. **EVERYONE** that meditates experiences a wandering mind, and that is OK!

Common Things Beginners Run Into



Rushing Through Steps

Don't skip "relax" and "re-smile" in the 6Rs

Expecting Intense Feelings or Experiences

Loving kindness can be subtle,
but also leads to very deep states - trust the process



30-Minute Practice Sequence

10 Minutes

Radiate Loving-Kindness to yourself

Throughout

Apply 6Rs whenever your mind wanders



20 Minutes

Radiate Loving-Kindness to your spiritual friend



Tranquil Mind

How to keep your meditation practice going

Be kind to yourself, especially when starting out – you are learning a new skill 😊

Meditate at least 30 minutes every day, ideally in the morning, before the busyness of the day starts. Print out the technique, the 6Rs and have a clock where you can easily see it while sitting.

You can radiate loving-kindness in daily life – Tranquil Mind can be an all the time practice

Whenever you encounter stress of any kind – relax, both mentally and physically. Just let it go 😊

Tranquil Mind Meditation resources

If you would like help with your meditation practice, there are multiple options available.

Our teachers offer one-on-one guidance for any level – beginners to advanced meditators.

We host 3 day Zoom retreats that start on Friday afternoon, and end Sunday night. These retreats have small groups of 3-5 meditators so that everyone gets personalized guidance.

Questions? Want further information? Contact us on thetranquilmind.org website.

Happy Meditating!

