Your 30-Minute Session

How to sit, step by step

BEFORE YOU SIT

Pick a quiet place where you won't be interrupted. Turn your phone off, not silent.

Sit in a comfortable chair, feet flat, back upright but not stiff. Hands resting in your lap.

Keep a clock where you can see it when you open your eyes.

Same time every day works best. First thing in the morning is ideal.

Once you are settled, try not to move. If you feel discomfort, use the 6Rs first.

WHAT YOU'LL DO

Smile. Wish yourself well for 10 minutes. Then wish a friend well for 20 minutes. Whenever your mind wanders, use the 6Rs.

A Session at a Glance

Before you start (1-2 min)	Settle in. Get seated, stretch, take a few deep breaths. There is no rush.
Minute 0 (about 1 min)	The Four Smiles. Close your eyes. Smile with your lips, your eyes, your mind, your heart. Feel the warmth begin in the center of your chest.
Minutes 0-10	Loving-kindness for yourself. Rest your attention on the warm feeling. Silently say: "May I be happy." "May I be peaceful." "May I be well."
Minutes 10-30	Loving-kindness for your Spiritual Friend. Place your friend gently in the center of your chest, in the warmth. Switch your phrases: "May you be happy." "May you be peaceful." Stay for 20 minutes, or longer.
All the way through	The 6Rs. When your mind wanders: Recognize, Release, Relax, Resmile, Return, Repeat.
When the timer ends (1-2 min)	Don't jump up. Sit quietly. Take a few deep breaths. Gently open your eyes. Rest in the feeling.

About 75% of your attention on the feeling, 25% on the words. The feeling is the object. The words are only a tool to help it along.

Your Spiritual Friend

Choose someone who is:

- Living (not someone who has passed away)
- Someone you would not have romantic feelings for
- Not a family member (too many 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 them. They can be someone you know, or someone you admire, like a public figure.

YOUR FIRST SEVEN DAYS

Sit for 30 minutes every day. Same time, same place. On days you don't feel like it, tell yourself: "I'll just sit down. I can stop after five minutes if I want."

There are no bad sessions. There are only sessions where your mind wandered a lot, and you practiced returning a lot. Every session counts.

I'm not a doctor, and this isn't medical advice. Meditation isn't a substitute for professional care. If you're struggling, please talk with a qualified health professional.