

The C.A.L.M. Path to Happiness



Coherence • Attunement • Letting Go • Mindfulness
A simple meditation practice

Coherence – rouse energy to bring your heart, mind and breath to a unified whole

1. Gently close your eyes – bring a curious and kind attention to your inner experience
2. To begin, bring this mindful awareness to your body – notice physical sensations like you would notice the weather to see what kind of day it is. *Remember, we start with our body because it helps bring us back to the present moment - in other words, we aren't feeling yesterdays itch, or tomorrows sneeze*
3. As best you can, arouse as much kindness and acceptance in your heart and mind for yourself, recalling your *intention* for mindfulness practice – why you're doing this – wishing for true happiness for yourself and others

Attunement – tune-in to your breath, becoming receptive and aware

4. Take 3 deep breaths and release any tension you may be holding in your body. As you breath in, the oxygen fills your lungs and is carried by blood cells to your heart where it is pumped throughout your entire body – you are really breathing into your entire body - not just your lungs - the breath and body are one
5. Attune to your breathing, like you tune-in a radio station; remember, we focus our attention on the breath so that we can see the movements of the mind, just as we use trees or clouds to see the movements of the wind
6. Breath in a way that feels comfortable – experiment with long, slow, deep or shallow breaths and see which ones feel best in your body – have fun with this - change it as needed - if trying to make your breath comfortable in your body becomes confusing, don't fuss with or try to change it for awhile - just let it be as it is

Letting Go – release whatever distracts you from your breath

7. Your mind is going to wander – that is what minds do – They are like little puppies who haven't learned to sit yet, getting up almost as soon as you have told them to “stay” – So, the moment you notice that your attention has wandered from the breath, let go of wherever it is and gently bring it back to your breath
8. Congratulate yourself this moment on waking up – this is skillful practice – you want to notice when your puppy-mind has run off and is chewing your favorite shoe or peeing on the carpet. Whenever you notice tension or a sense of discomfort arise in your breath or body, adjust the breath to dissolve the tension as best you can, returning the breathing to a comfortable, enjoyable experience
9. The breath is your meditation object for now; let go of anything that obscures your direct contact with it – you will notice thoughts, feelings, sounds and sensations out of the corner of your minds eye, and sometimes they may come in and obscure your awareness of the breath – that's ok, just keep the breath in sight as best as you can

Mindfulness – Mindfully return to the breath

10. Mindfulness and concentration are attained through alert attention to, and clear comprehension of the whole process of breathing; by returning without judgment to the breath when you've wandered from it; it doesn't matter if you have to return to the breath 10 times or 100 times. *Return to the Breath No Matter What*
11. When the sitting has ended open your eyes, mindfully returning to movement.
12. Transition to your day from the place of calm that you have actively created and worked for. Throughout your day, whenever you remember or feel like it, take one mindful, rejuvenating breath and then return to whatever you were doing