

A Simple Guide to Shamatha (Calm-Abiding) Meditation

Shamatha means "calm-abiding." Its purpose is to calm the mind and develop stable attention.

Simple Steps

1. **Sit Comfortably**
 - Sit with your back straight but relaxed.
 - Rest your hands comfortably.
 - Gently close your eyes or keep them half open.
2. **Relax Your Body**
 - Take a few slow, natural breaths.
 - Let your shoulders, face, and jaw relax.
3. **Focus on the Breath**
 - Pay attention to your natural breathing.
 - Notice the feeling of the breath as it enters and leaves your nose.
4. **When the Mind Wanders**
 - Thoughts will come. This is normal.
 - Do not follow them or fight them.
 - Simply bring your attention back to the breath, gently and patiently.
5. **Practice Daily**
 - Begin with 5–10 minutes each day.
 - As your concentration improves, gradually increase the time.

Remember

- Do not force your mind to be blank.
- Be gentle, relaxed, and patient.
- Progress comes through regular practice.

In one sentence:

Sit comfortably, relax, watch your natural breath, and whenever your mind wanders, gently return your attention to the breath.