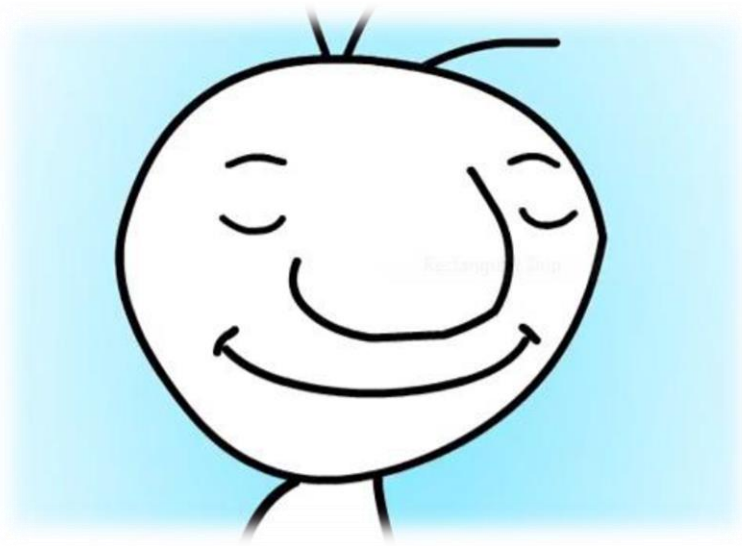


one-moment meditation



The purpose of One-Moment Meditation is to help you realize that you can make a meaningful change in your state of mind quickly—that you can find a state of relaxed wakefulness in just a moment.

But a moment goes by so quickly that you'd have to be a master to notice one. So, we begin with an exercise called, "the Basic Minute," which actually takes a full minute. (A minute is like a moment with handles on it—you know where it begins and ends, so it's easier to grasp)

Try to do one Basic Minute each day, but please, never do the Basic Minute for *longer* than a minute. The purpose of the Basic Minute is to help you realize that you really can tap into deep peace *quickly*. So, if you did it longer than a minute, you'd be missing the point.

Basic Minute

1. Sit down.
2. Plant your feet on the floor.
3. Sit up.
4. Start the timer.
5. Put your hands in a balanced position.
6. Close your eyes.
7. Focus on your breathing, moment-by-moment. (If you get distracted, don't worry, this is normal. Just think, "Hmm," and enjoy the next breath, as if it were the first one.)
8. When the timer sounds, stop.
9. Open your eyes gradually.

Next Steps

So what's next? Where can you go from here?

Well actually, you can't go anywhere from here, because here is where it's at. But you can certainly learn to *be here* more

deeply. Of course, you might not experience total peace-of-mind in every Minute. You might just turn down the volume a

bit on your stress. But even a small reduction in stress can be valuable. Think of it this way: Even if you just managed to reduce your stress by 10%, perhaps that means you will be 10% less likely to cause a car accident, or snap at your child, or make a critical error at work. Isn't that valuable?

Take the time to incorporate the Basic Minute into your daily routine. Set an automatic reminder, or pay more attention to when you are stressed. You know that it works and that the more you do it, the less overall stress you'll feel. You just have to do it!

Once you're comfortable with the Basic Minute, advanced training in One-Moment Meditation shows you how to make it more flexible and more useful, with exercises such as the Portable Minute, the Emergency Minute, the Bonus Minute, and the Surprise Minute. You can learn how to reduce the length of the Minute gradually, until you can get the same sense of equanimity in just a moment.



To boost your practice of One-Moment Meditation, go to: onemomentmeditation.com

Download the free iOS app.

Read Marty's book: One Moment Meditation: Stillness for People on the Go

Get support and training online with the online course.

Watch the five-minute animated video.

Sign up for occasional email tips and reminders to keep you motivated and meditating.

