



# Meditation in a Nutshell

By Ruth Meili, September 2022

## What it is

- clarify the mind
- relax the mind
- align the mind

## What it is not

- do nothing
- stop thinking
- be a good person
- sitting cross legged on a cushion

## How to do it

Observe something while doing nothing else, as

- the breath
- a flower
- a sunset
- body sensations
- emotions
- thoughts

Variations for hard times:

- walk in the woods (without mobile phone)
- do something enjoyable with hands, as
  - knitting
  - painting
  - mending a moto bike
- stroke an animal that likes it (including humans)
- read a decent novel
- sing
- play an instrument
- dance
- do Yoga asanas