
Moment to Moment Meditation Program

“Action is the foundational key to all success.”

- Pablo Picasso

The Moment to Moment (MtM) Meditation Program is not a specific system of practice, rather a general way of thinking and doing meditative practices that focuses on breathing and staying present with the present moment¹.

MtM Meditation draws upon and is primarily organized around these resources:

Books

- Benson, Herbert MD and Proctor, William JD (2010), *Relaxation Revolution: Enhancing your Personal Health through the Science and Genetics of Mind Body Healing*. Simon & Shuster, New York, New York.
Herbert Benson, MD, is the Mind Body Medical Institute Associate Professor of Medicine, Harvard Medical School and Director Emeritus of the Benson-Henry Institute for Mind Body Medicine at the Massachusetts General Hospital.
- Kabat-Zinn, Jon (1994), *Wherever You Go There You Are*. Hyperion, New York, New York.
Jon Kabat-Zinn, PhD, is the founding director of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, as well as Professor of Medicine emeritus.
- Kabat-Zinn, Jon (2013), *Full Catastrophe Living: Using the Wisdom of your Body and Mind to face Stress, Pain, and Illness*. Revised edition Bantam Books, New York, New York.
- Young, Shinzen (2016), *The Science of Enlightenment: How Meditation Works*. Sounds True, Boulder, Colorado.
Shinzen Young is an American mindfulness teacher and neuroscience research consultant. His systematic approach to categorizing, adapting and teaching meditation has resulted in collaborations with Harvard Medical School, Carnegie-Mellon University and the University of Vermont in the burgeoning field of contemplative neuroscience.

Mobile Online App

- <https://insighttimer.com/> Insighttimer provides free guided meditations, music tracks, talks and courses. The Insighttimer App is available mobile phone and tablet devices.

¹ The LEAFS MtM Meditation Program does not provide medical advice. MtM participants need to consult with their physicians to seek medical advice.

The core focus that we always return to in doing various MtM Meditation sittings is mindful breathing. To follow is a description of the simple practice of what mindful breathing entails.

Mindfulness of the Breath - Adapted from Kabat-Zinn, 2013

1. Sit in a comfortable position, with your spine in a dignified upright position, let the shoulders drop away from the ears, or you may lie down.
2. You may close your eyes, if it feels comfortable.
3. Now bring your awareness to the feel of your body breathing each breath, focusing your attention on the sensations of touch, contact and pressure in your body where it touches the chair or the floor. Spend a few minutes exploring these sensations.
4. Bring your attention to your belly, feeling it rise or expand gently on the in-breath and fall or recede on the out-breath.
5. Keep the focus on your breathing, 'being with' each in-breath for its full duration and with each out-breath for its full duration. Follow the sensation of the breath as it passes in and out of your body.
6. Every time that you notice that your mind has wandered off the experience of the breath attending to your breath, note what took you away from attending your breath and gently place your attention back to your belly and the feeling of the breath coming in and out.
7. If your mind wanders from the breath a thousand times, then your 'job' is simply to bring it back to the breath every time, no matter what the mind becomes preoccupied with. It is just as valuable to become aware that your mind has wandered and to bring it back to the breath as it is to remain aware of the breath.

Individual success totally depends upon one's dedication of time and effort to cultivate a mindfulness-based orientation. The goal is to free the body from the effects of the busy mind. While attending to the breath, the body is momentarily freed from the effects of thought, because your mind cannot be doing two things at once.