

"Mindful Living" Video Series: Preparation and Friendly Reminders

Before the mindfulness practice, preparation is needed in three areas

First, regarding the environment

find a quiet, safe place

free from disturbances

This could be somewhere at home or in a park

In terms of clothing

loose and comfortable clothing is suggested

You may also prepare a shawl or jacket

to keep yourself warm when needed

Take off any items

that bring restriction or pressure

such as glasses, watches, belts etc.

About posture

if a practice is done in a sitting or lying position

choose the one

that is comfortable

and offers adequate support

If you choose to sit

use a chair

with back support

Its height should allow

your feet to rest flat on the floor

and your knees to bend at approximately 90 degrees

If the chair is too high

you could put a cushion underneath your feet

Then, gently place your hands on the laps

or on the armrests of the chair

If you choose to lie down

lie on your back in bed

with your hands placed by the sides

palms naturally facing upwards

legs in a natural position

You may use a pillow to support your head or knees

for a more relaxed state

You are encouraged to practise daily

If you are a beginner

it is suggested to practise along with audio or video recordings

After becoming familiar with it

you may not need them anymore

In general

these practices will not cause any discomfort

However, if you encounter

any physical or emotional distress during the process

stop the practice immediately

and consult a healthcare professional before resuming it