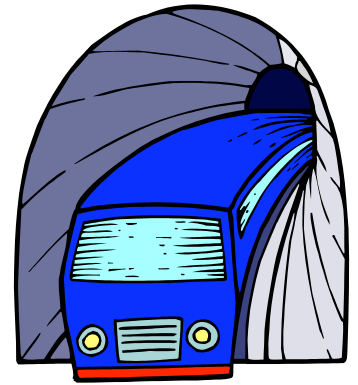


SUBWAY MEDITATION (STANDING)

Meditating on the subway is probably not ideal, but it sure beats getting aggravated with your inner dialogue or skipping a meditation session altogether. As mentioned earlier, it is important to maintain some level of awareness for your safety. So, please do not attempt this meditation if it's crowded or if you notice someone around you who is drunk, acting erratically, or doing anything else that might seem threatening or unpredictable. You don't want to have your bag or wallet stolen or miss some kind of approaching danger. And, meditation-wise, you can always try again later.



- Check-in with your environment and people around you to make sure that it's safe to practice now.
- Turn off your iPod or mp3 player. You might want to continue wearing the earphones however, in order to reduce the likelihood that someone will disturb you, however.
- Stand with your feet about shoulder width apart. Try to position your feet to be at a 45° angle to the centerline of the train, if possible. This will help you maintain balance as the train moves and stops.
- Roll your shoulders back and raise your chin up so that your head is level. Adopt a posture that embodies confidence and dignity.
- Either close your eyes or lower your gaze to be looking at a window or a nondescript area next to someone seated. Do not look directly at another person. This is New York after all—you don't want to be starting something!
- Mentally, rest your attention on the physical feelings in your body in the moving train. Pay particular attention to the sensations in your feet and legs. You might notice the way in which your muscles tense and release in order to help you maintain balance as the subway train accelerates and slows down. You become aware of the shift in your body as the train lurches forward or starts to brake. Maintain your awareness on your physical sensations for the duration of your trip.
- Whenever the train stops at a station, take a moment to check calmly and see if this is your stop. The stops, while disrupting your mindful awareness of your body, are like the sounds of a meditation bell, which invite you to refocus your attention.
- Exit when you reach your destination.
- Once you leave the train and move a safe distance away from the platform, take a moment to reflect on the activity and what you noticed. Proceed with your journey with mindful awareness and deliberate action.