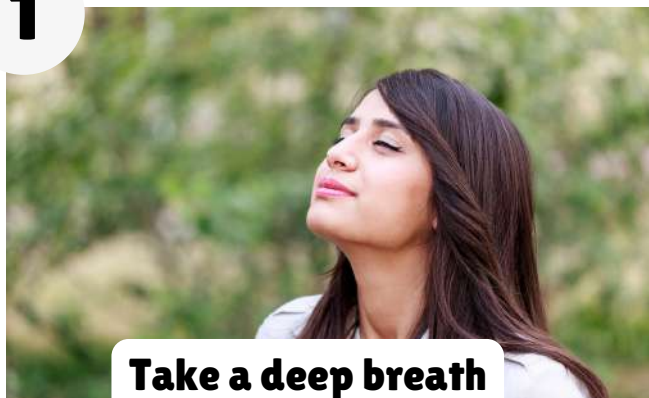


# How to Meditate with Your Eyes Open

If you tend to fall asleep during meditation, or if you have difficulty with an overactive imagination, open eye meditation is worth a try. To meditate with your eyes open, follow these steps:

**1**



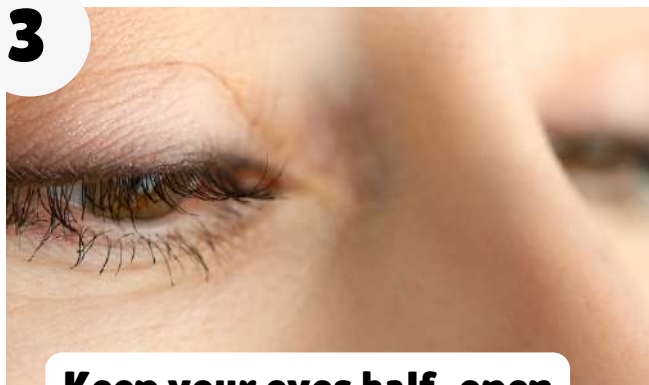
**Take a deep breath  
to center yourself**

**2**



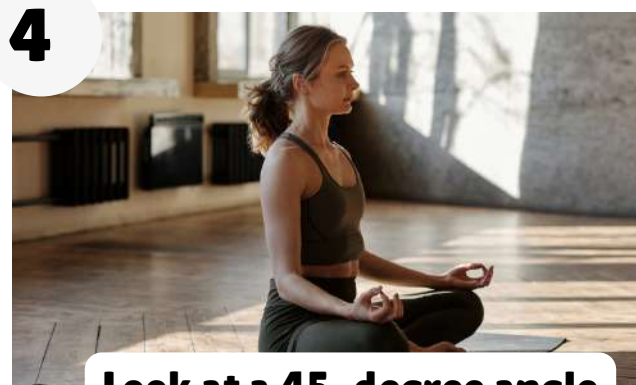
**Sit on a cushion with  
your spine straight**

**3**



**Keep your eyes half-open  
with an unfocused gaze**

**4**



**Look at a 45-degree angle  
towards the floor**

**5**



**As your mind wanders,  
gently come back to the breath**