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.