

A MEDITATION PRACTICE

THE BASICS FOR A MINDFUL MEDITATION



Take a seat.

Find a quiet place to sit that feels calm and quiet to you. Ensure you wear comfortable clothing and do some stretching.



Set a time limit.

Beginners choose a short time to start perhaps 5-10 minutes to start and use a timer.



Notice your body.

Make sure you are comfortable sitting on a chair or in lotus position (cross legged) on a meditation pillow or the floor. Find your position that is stable and one you can be in for a while.



Focus on your breath.

Take 4 - 8 deeper breaths to help relax and feel the sensation as the air goes in and out. Continue to breath comfortably for the time you have set.



Notice when your mind has wandered. When you get around to noticing this, it could be in a few seconds, a minute, or 5 minutes- simply come back to listening to your breath or perhaps a Mantra. ~ So Hum - Inhale So, Exhale Hum



Be kind to your wandering mind. Don't judge yourself or try to ignore distractions, simply notice your mind has wander come back to your centre with your breath or your personal mantra.



A powerful traditional mantra is simply Om (ohm), the simplest to repeat and a powerful acknowledgement of connection between all beings. A personal mantra is based on personal experience and holds power as and individual like "I am open and ready to receive great love."