

MEDITATION TIPS FOR BEGINNERS

Time

Allow yourself time to do the meditation. Make sure you are free from distractions. Turn off your phone or if you are using your phone for music, remember to mute it.



Make sure you are wearing comfortable clothes. You don't want to be distracted by tight trousers or an itchy jumper!

Music

There are so many free music videos available on YouTube. Search for meditation music and find one you like

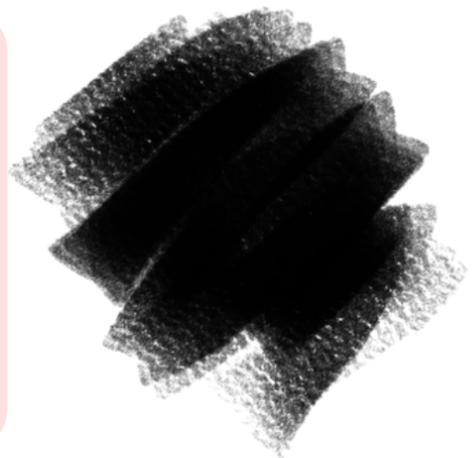
Sit or Lay Down

find a cosy place to sit or lie down and get a blanket, you may get a little chilly sitting in the same place a while



Start by closing your eyes (using an eye mask is a great way of ensuring you are in darkness and the light doesn't disturb you) Take some deep breathes, place your on your heart and feel the breath flow in and out through your heart

Next, concentrate on the blackness at the back of your eyes. How far does that blackness go? Can you feel the blackness all around you?



If your mind wanders, then acknowledge it and focus on the blackness. Try this practice for as long as you can. Don't be disappointed! Meditation takes practice

