

5 STEPS TO A GREAT MEDITATION

1

1. SIT COMFORTABLY/LIE DOWN IN A QUIET AND COMFORTABLE SPACE. USE HEADPHONES TO CREATE SILENCE AS NEEDED OR PLAY INSTRUMENTAL MEDITATION MUSIC ON YOUTUBE.

2

2. SET A TIMER. ANYWHERE FROM 5 TO 20 MINUTES IS GOOD.

3

3. FOCUS ON TAKING DEEP, SLOW, AND FULL BREATHS. VISUALIZE THE AIR AS YOU INHALE & FOLLOW IT DOWN THE THROAT TO THE BELLY, THEN NOTICE THE AIR TRAVELING FROM THE BELLY & EXITING THE BODY THROUGH THE NOSE OR MOUTH. *OPTIONAL: PLACE ONE HAND ON YOUR CHEST AND ONE ON YOUR BELLY. FEEL THE RISE ON THE INHALE AND THE DROP ON THE EXHALE.

4

4. AS YOUR MIND WANDERS, LOVINGLY BRING YOUR ATTENTION BACK TO YOUR BREATH. THIS HAPPENS TO ALL OF US, IT'S OKAY.

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5. WHEN THE TIMER GOES OFF, NOTICE THE FEELINGS OF PEACE AND CALMNESS IN YOUR BODY AND MIND. SHARE FEELINGS OF LOVE AND KINDNESS WITH YOURSELF AND WITH ANYONE ELSE WHO COMES TO MIND.

