

HOW TO PRACTICE GUIDED MEDITATION

THE BASICS



ESTABLISH A DAILY PRACTICE
Meditation takes practice and time to learn in order for the full benefits to be experienced, so consistency is important.

CHOOSE A LOCATION & TIME

Teachers recommend you find a comfortable spot in your home when you won't be disturbed, which allows you to focus and feel safe.



LEARN PROPER POSTURE

The goal is to remain upright, tall and balanced in an erect posture with your back straight, which allows you to breathe deeply.

TRY TO DROP ANY JUDGMENT

When meditating, one of the goals is to keep yourself from getting frustrated, overwhelmed or disappointed with your wandering mind.



INSTRUCTIONS

1. SET YOUR INTENTION

Your intentions set the stage for what is possible during your meditation and what benefits you'll take away.

2. TAKE TIME TO RELAX THE BODY

Pay attention to areas where you likely hold some tension, including your jaw, eyebrows/around the eyes, forehead, chest, belly and neck.

3. PAY CLOSE ATTENTION TO YOUR SENSES

Focusing on the body's sensations settles the wandering mind and helps "ground you."

4. INVESTIGATE WHAT YOU'RE FEELING

Ask yourself if anything feels unpleasant, painful or difficult, or reminds you of any past events that stick out.

5. KEEP COMING BACK TO THE BODY

Keep coming back to the body and breath sensations, while working on disengaging from what is popping into your mind.

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