# MESTAFISH

#### 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.





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.

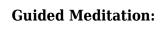
# 3. PAY CLOSE ATTENTION TO YOUR SENSES Focusing on the body's sensations settles the wandering mind and helps "ground you."

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.

# **Guided Meditation**

# **N Noddings**



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