

How to Meditate in 10 Simple Steps

All you need to do is begin and pay attention to how you feel afterward; everyone has ten minutes in their day to spare.

Step 1: Find a quiet space

Sitting back, start seated on the floor, chair, cushion, Spine is straight and long and hands relaxed in your lap.

Step 2: Focus on your breath

With your eyes close, Pay attention to your breathe as it enters to and from your body. Notice how you body moves with the breath. Does your chest and stomach rise and fall. Allowing the breath to flow in and out.

Step 3: Thoughts

Notice your thoughts, but do not judge, label them as if you can hear them, and say i am thinking, and then return back to the breath.

Step 4: Listen

Listen to any sounds or noises in the room and outside of the room. Just notice what you can hear. It may help to play some soothing music.

Step 5: Focus Meditation

Lock you eyes onto a chosen object, a flower, a flickering flame or a tree swaying in the wind. Just watch and observe.

Step 8: Start with 5 minutes

It helps to set a timer and build from there. 5 minutes a day to practice a first but build up to 15 minutes at least.

Step 7: Self Talk affirmations

Repeat to yourself positive affirmations, I am safe, I am calm, OR you could try while breathing say calm, breathing in and while breathing out, say peace.

Step 9: Anchors

When you get distracted, go back to your anchors, focus on the breath, listening or where you body meets the floor or hands touch.

Step 10: Practice daily

Practice daily for best results gradually increasing the time.

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