

MEDITATION GUIDE



Find a place as secluded, simple, and quiet as possible.

Decide how long you plan to spend on your meditation, for example, 10 minutes to start. Begin by bringing your attention to your breathing. Breathing is a key element in meditation and concentration.

Begin with a few minutes of deep abdominal breathing. If it helps you to have a pattern, breathe in for three seconds, breathe out for three sections, and continue.

Become aware of any tension in any part of your body and consciously relax it. Release any tension or anxiety you are feeling.

Do not be surprised or discouraged when your thoughts wander. Come back to the breath as a source of focus. Come out of your meditation slowly when you feel like the time is right. Take 3 to 5 deep abdominal breaths. Open your eyes and slowly get up.

You can practice meditation at any time of the day by remembering the feeling of meditation and also by reminding yourself to notice what is happening right now in the present.