



How to Meditate - A Quick Guide

This is a quick step-by-step method of how to meditate. *Please note that I do not go into detail or explain the specifics of each step. There are also various styles and techniques that may differ or work on something more specific. Overall this will give you the tools to begin practicing. I encourage you to read more info on how to meditate and the benefits of this practice. (see below for more info)*

Allow 15-30 minutes to practice meditation. Find a quiet location or put on some soft soothing music to help you focus. Quiet is best if possible, but use music if it will help you relax.

1. Sit or lie somewhere comfortable. Be in a position where you won't fall asleep, but that is comfortable to you and will help you relax. *(Some instructors focus on the importance of posture, this is something you can study, but for now as a beginner just chose a position that is comfortable and relaxing)*
2. Begin by focusing on your breathing. Focus on the rhythm of the in and out breaths, Practice deep breaths. Get a relaxing rhythm going.
3. Focus on relaxing your body and releasing tension in all areas.
4. Once you are relaxed try to let go of thoughts and distractions. Don't force them away, just gently focus on them, then let them go in your mind while you focus on your breathing.
5. The goal is to get to a place where you have cleared your mind of all thoughts. Utilize your breathing and focus on the in and out breaths to clear your mind.
6. Some people also use a short mantra, prayer or visualize a spiritual object or icon to help them focus on letting go. This works well, but remember the goal is to let go of thoughts, so use this technique only if it allows you to let go and focus.
7. Clearing your mind is not easy, so don't get frustrated. Just gently work on this technique. Thoughts will come to your mind during the meditation. Just focus on them for a small time, then let them go with your breath. Be patient with yourself.
8. If a thought or feeling comes up regularly, this may be something you need to work on or clear. There are certain meditation techniques that help you do so.
9. You can begin and end the meditation session with a prayer, mantra or an affirmation. Begin and close your session on a positive note.

Interested in more guidance? I offer two ways –

- 1) Go to my [meditation resource section](#) and check out what is available to help
- 2) Sign up for my monthly [Mental & Spiritual Health](#) article and get regular free info on these practices and techniques.

I hope this was helpful. Please feel free to contact me if you have any further questions. To your Health! Brian M Heater www.transformingourselves.com