

An easy guide to help you begin meditating

1. **Find a quiet space and time:** Choose a place to sit or lie down without being disturbed. It doesn't need to be fancy – your bedroom, a quiet corner, or a park bench can work. Set aside a specific time each day, even if it's just for 5 minutes. Consistency is key, especially when starting.
2. **Get comfortable:** Sit on a cushion on the floor, cross-legged or with your legs extended, or sit in a chair with your feet flat on the ground. The key is to have a relaxed yet upright posture that allows you to breathe easily. You can rest your hands in your lap, palms up or down, or on your knees.
3. **Close your eyes gently or soften the gaze,** minimize distractions, put phones on silent or do not disturb, and make others aware so you are not disturbed for the duration.
4. **First, focus on the breath** and notice the sensation of it in and out. Notice the air entering the nose, filling the lungs, and then leaving the body. Pay attention to the rise and fall of the chest or abdomen. There is no need to control the breath; just observe its natural rhythm.
5. **Acknowledge distractions:** It's completely normal for the mind to wander, and thoughts, feelings, and sensations may arise. When you notice attention has drifted, gently acknowledge the distraction without judgment, observe it, and then gently redirect the focus back to the breath. Think of the breath as being like the sea, in and out, gently guiding the mind to return to the flow.
6. **Be patient with yourself.** Meditation is a skill, and like any skill, it takes time and patience to develop. Some days, the mind might feel busy. The act of showing up and bringing awareness to the present moment is the beginning of a meditation practice.
7. **Start Small:** Begin with short meditation sessions of five minutes
I provide guided meditations on Spotify: <https://anchor.fm/sandra-williams1> ,
guided meditations are a helpful way to begin.
8. **End Gently:** When you're ready to finish your Meditation, take a few moments to notice how your body feels and the sounds around you. If your eyes are closed, open them gently.
9. **Be Consistent:** Aim to meditate for at least a few minutes each day. Consistency is key.

Remember, the goal of Meditation is to become more aware of the breath and thoughts and learn to respond with more clarity and less reactivity. Be patient, and enjoy the journey.

