



# Meditation Basics

*"Start where you are"*

Minimize or eliminate interruptions, set phone to do not disturb. If you want to set a timer, let it be gentle and very very quiet to signal that it is time to come out of the meditation.

Find a comfortable seat

Coming into a state of being that will support you in your practice.

Choose a mudra or placement of your hands, a good beginner placement is hands resting on thighs (not always at knees) be comfortable, palms facing up with middle finger and thumbs touching gently. Another option is resting both hands in lap, one on top of the other with the thumbs touching. As you advance in your practice and begin to work toward refined flow you can experiment with alternative mudras.

Close your eyes.

Take 3 deep breaths in through the nose, I prefer to extend the breath into my belly, then chest and release. Allow breath to settle into a natural rhythm and take notice of any tension in the body.

Follow the breath, noting any thoughts or emotions that arise, while gently returning your awareness back to the breath- continue this.

Not controlling or resisting, just allowing.

When its time to come out of the meditation, bring your awareness back into your body and begin to wiggle your hands and toes gently moving your wrists and ankles. Gently opening your eyes.

*"The inner journey is the deepest one you will ever take"*