

How to Meditate In 5 Simple Steps

1. Find your meditation spot

This should be a private spot free from external disturbances. You should feel safe, at peace and comfortable in it. If you have a room to yourself, it is probably the most appropriate. After you pick the spot, clean the space around it. Remove any pieces of clutter lying around. The purpose is to create a quiet, calm atmosphere to allow you to focus on you instead of the chaos that may surround you.

2. Sit in a comfortable position

There are different recommendations on sitting positions, like the lotus position, sitting on a cushion, and so on. While there are probably good intentions behind each recommendation, mostly I found they just made the process a hassle, making me not want to meditate at all. Now I just meditate in a cross-legged position (on my bed) or sit on my chair. I look forward to it because it's so comfortable and easy. You don't have to specifically sit in a special way just to meditate. Find a position that's most comfortable for you. Sitting on your chair is fine too. In fact, it's a good option if you often experience numbness in their feet from sitting cross-legged (I do). Whatever posture you choose, sit upright to facilitate the flow of energy. I do not recommend lying down (i.e. the sleeping posture) to meditate because it'll usually induce sleep as opposed to letting you remaining in a state of awareness.

3. Clear your mind

Clear your mind. Loosen yourself up. Take 5 very deep, slow breaths.

4. Simply sit and observe

Then, just sit back and observe the inner dialogue playing in your mind. Let them float by. What are you thinking? What are you feeling? Just observe; don't engage. Many people probably think that in meditation, they have to force themselves not to think and block out all their mental thoughts. It is really quite the opposite. You let your mind continue to think, but you don't engage. You take the role of a passive observer and watch them from the back of your head. During this time you can repeat a mantra like *So Hum "I Am"* if it is helpful to return you to a place where the thoughts become sounds not distractions.

Say for example, if you have a sudden thought that says "I need to buy groceries tomorrow," observing it means knowing that particular thought is there. If you proceed to react from the thought, such as feeling annoyed that you have to buy groceries, or thinking about what groceries you have to buy or what time to buy them, you are engaging with the thought. Don't do that. Your desired state in meditation is to observe these thoughts, not engage with them.

The presence of these thoughts during meditation means they are being cleared. These thoughts have always been present in your mind; you are just not aware since there are so many thoughts screaming for attention inside your head! And now through meditation, they are clearing out, one by one. After repeated meditations, you will gradually reach a new level of mental Zen-like quietness. If you think your mind seems quiet now, try meditating a few days in a row — you'll notice a new found mental peace.

5. Ending Your Meditation

When you are done with your meditation, slowly ease into the physical state. Start off by being present of the physical reality around you. Next, be aware of your physical body. Then, very slowly, open your eyes. Get attuned to your surroundings. Instead of resuming your physical activities immediately, you might want to continue sitting in the meditative spot and reflect upon some of the thoughts, feelings or imagery that arose during your meditation. You may also want to just spend a few minutes expressing gratitude toward the things you enjoy in your life. 😊 **NAMASTE**

Today's Meditation

Centering Thought: Today, I behold all the abundance that surrounds me.

Sanskrit Mantra: So Hum...I am

Message of the Day: Gratitude is one of the strongest and most transformative states of being. It shifts your perspective from lack to abundance and allows you to focus on the good in your life, which in turn pulls more goodness into your reality. -Jen Sincero

Phone Apps

Headspace

Buddify

Insight Timer

Calm

Ananda

The Mindfulness App

MindBody

Smiling Mind

Meditation Timer Pro

Sattva Meditations & Mantras

Stop, Breathe & Think

10% Happier

Simply Being

Breeth

Omvana

Websites for Meditation

www.chopra.com

www.headspace.com

www.ekhartiyoga.com

www.mindful.org

www.uclahealth.org/marc/body

www.audiodharma.org

www.meditationpodcast.com

www.fragrantheart.com

www.meditationoasis.com