

# DAILY GUIDED MEDITATION

## **Meditate (verb)**

Focus one's mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes or as a method of relaxation.

## *Posture*

It's really important that you are in a position that feels comfortable to you. That may be sitting on a chair, sitting on the floor or even lying in your bed. Your body does not have to be any one certain way, it just has to feel relaxing and comfortable.

## *Eyes*

Most people find it easiest to close their eyes, as they find it works best to relax the mind and eliminate distractions. However, you may also choose to keep your eyes open, by lowering your eyes and letting your gaze be soft. Again, it is important to find a method that feels comfortable to you.

## *Focus*

Focus in life and focus in meditation are slightly different. Focus in life calls for concentration. Focus in meditation calls for soft attention for whatever you place in the centre of your awareness. It is highly recommended that you use your breath as your centre of focus. It's a natural door that connects the outside to the inside.

## *Breath*

As mentioned above, focusing on your breath is a great way to eliminate distractions and allow your mind and consciousness to be present in the moment. Try focusing on the inhaling and exhaling of each breath. Breathe in, hold, breathe out. The length of each action doesn't need to be moderated, again, find a pattern that feels comfortable to you. However you may like to try, breathe in for 4 counts, hold for 6 counts, breathe out for 8 counts.

*grigoria*

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## *Coming back to the present moment*

If you are finding it difficult to settle and you keep being distracted to outside noise, try counting your breaths. For every 20 counts, return to one. Alternatively you could focus on just one of the outside noises, such as a bird chirping or the washing machine circling. Rhythm is a great tool for relaxation. Your third option is to use a meditation soundtrack. There is an app called "Calm" which has background sounds that you can play while you meditate.

### *Thoughts*

When you notice your mind begin to wander back to thoughts, you can come back to the present moment by returning to your breath. Re-focus on your breath. Do not be discouraged or worried if this happens multiple times, this is normal and it will become easier to come back each time through practice. Also, don't try to stop your thoughts, they are natural, acknowledge they are there and then release them and come back to your breath.

### *Emotions*

If you referring very emotional, you may find it more difficult to become settled during your meditation practice. Emotions such as anger or fear cause our physical bodies to react from that emotion. If this is the case for you on a particular day, try to focus your attention, not on the story behind the emotion, but the physical feeling of that emotion. For example, if you are feeling anxious, you may feel tight around your belly, during your meditation you would be focusing on the healing and relaxation of your belly.

### *Silence*

Sitting in silence is very useful for the connection to self within your mind. Sitting in silence during your practice can be very effective, however, again it is more important that you feel comfortable and relaxed. If music relaxes you, the opt for music, but slowly try to integrate silence into your practices and see if they are more effective.

*grigoria*



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## *Length*

Start with 1 minute, then gradually increase to 5 minutes, and then try for 10 minutes. It is important that you don't force yourself to meditate for long periods of time if you are not ready for that. It will be physically and mentally exhausting and you will not achieve your desired results. Instead take time to gradually increase your practice. You want to be able to relax your mind without causing stress to your physical body. Do what feels right for you, regardless of what others are doing.

## *Setting*

You do not need to create a "space" to meditate if you don't want to or you don't have the room. You can meditate anywhere, as meditation is a practice of the mind. It is a practice of spiritual awareness. However, if you would like to create a space for your meditation practices, make it as comfortable as you can. Surround yourself with objects (such as candles, crystals, salt lamps, etc.) and props (cushions, blankets, etc.) that make you feel at ease. But simply sitting on a chair or on your bed is fine. Ideally it is a space away from other people - unless you are doing a group meditation practice.

## *Enjoyment*

The most important element of meditation is enjoyment. You need to feel joy when you meditate. You should come out of your practice feeling better than how you went into it.

Reference for the above 10 meditation guides: <http://goodlifezen.com/how-to-start-meditating-ten-important-tips/>

*grigoria*

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## *Let's Meditate*

Find a place where you will practice your meditation that feels comfortable. Choose if you will sit or lie down.

Choose your soundtrack or just sit in a quiet place. Set your timer if you choose to set a time.

Close your eyes and surrender your thoughts.

Begin with a long deep breath in. Hold your breath and then release slowly.

Feel your blood flowing through your body to all your extremities.

Focus your thought on the action of your breath.

*grigoria*