



## THE BASICS



### **ESTABLISH A DAILY PRACTICE**

Meditation takes practice and time to learn in order for the full benefits to be experienced, so consistency is important



### **CHOOSE A LOCATION AND TIME**

Teachers recommend you find a comfortable spot in your home when you won't be disturbed, which allows you to focus and feel safe.



### **LEARN PROPER POSTURE**

The goal is to remain upright, tall and balanced in an erect posture with your back straight, which allows you to breathe deeply.



### **TRY TO DROP ANY JUDGMENT**

When meditating, one of the goals is to keep yourself from getting frustrated, overwhelmed or disappointed with your wandering mind.

## INSTRUCTIONS

### **1. SET YOUR INTENTION**

Your intention sets the stage for what is possible during your meditation and what beliefs you take away.

### **2. TAKE TIME TO RELAX THE BODY**

Pay attention to the areas where you likely hold some tension including your jaw eyebrows around the eyes forehead chest belly and the neck.

### **3. PAY CLOSE ATTENTION TO YOUR SENSES**

Focusing on your body's sensation settles the wandering mind and helps "ground you."

### **4. INVESTIGATE WHAT YOU'RE FEELING**

Ask yourself if anything feels and pleasant painful or difficult or reminds you of any past events that stick

### **5. KEEP COMING BACK TO THE BODY**

Keep coming back to the body and breath sensations while you work on decency gauging from the what is popping into your mind.