

Easy Meditation Primer

Meditation is a simple mental practice intended to clear and quiet your mind so you can silently relax into a deeper, peaceful state of awareness and openness.

Being seated comfortably with your feet on the floor is suggested, as is sitting comfortably on the floor. The key word here is “comfort.” You decide the most comfortable position you wish to sit silently, making sure your back is supported for extended periods of meditation if you are a beginner.

Focusing on slowly inhaling and exhaling – feeling your breath coming in and going out – is one way to quiet your mind and relax into synchronicity with your body (and the universe).

Focusing on a word or a phrase (“mantra”) as you breathe also helps you to still your mind, opening to a growing awareness of that word or phrase.

Examples of words on which to focus: “peace,” “love,” “healing,” “ohm,” “thankful,” “beauty.”

Examples of mantras on which to focus: “I am peace;” “I am love;” “I am grateful;” “I am free;” “I am.”