

6 Tips for Starting a Meditation Practice

- Meditation is about creating awareness. Here are 6 tips to help you start a meditation practice.



1. Sit Comfortably – You can sit in Full Lotus Pose, but it is more important to be comfortable to limit distractions.



2. Focus on Breathing – Shutting off your mind and not thinking about all you have to do can be hard. When you focus on your breathing, it helps to keep your mind off of the chaos of the day.



3. Consider meditating to Music – For those new to meditation, playing soft instrumental music can help you focus your thoughts and coordinate your breathing.



4. Start with Small Intervals - Start with 5-10 minutes of quiet meditation and build up to 20 minutes each day. Be patient and develop your practice over time.



5. Define your Goal of Meditation – We all meditate for different reasons, some spiritual, some for pure relaxation or both. Ultimately meditation is a powerful technique to calm and quiet the mind.



6. Don't Get Frustrated – Be patient as you develop your practice. You will begin to see the psychological benefits throughout your day.

Meditation Preferences

- Meditation & Prayer – They complement one another. This can be done sitting down, lying down or kneeling. Adding meditation to this practice can be seen as the listening part of a prayer.
- Meditation & Music – Listen to soothing music, nature sounds, or instrumental, drumming.
- Meditation & Yoga – Meditation and yoga helps to create a sense of control over your physical, mental and emotional state. It will improve your sense of calmness and flexibility.
- Meditation & Walking – Walk with intention and let yourself notice, feel and experience your surroundings. Be aware of each step and breath you take.



Emotional and Physical Benefits of Meditation

Benefits of meditation



- ☰ Reduces Stress
- ⊕ Controls Anxiety
- ☯ Promotes Emotional Health
- ⬇ Enhances Self-Awareness
- ⊕ Lengthens Attention Span
- ⊖ Fights Addictions
- ⊖ Reduce Age Related Memory Loss
- ⌚ Improves Sleep
- ⊖ Helps Control Pain
- ⬇ Decreases Blood Pressure