

Simple Ways into Meditation

Meditation is the art of focusing your attention in a mindful, conscious way. Here you will find some helpful tips to find a route into meditation to bring calmness and flow into your waking life.

1. Start with the breath.

Breathing deeply slows the heart rate, relaxes the muscles, focuses the mind and is an ideal way to begin practice. Breathe in deeply, and exhale completely, watching the rise and fall of your chest as you breathe.

2. Notice the frustration.

It is very common for beginners to think 'Why can't I just quieten my mind?' When this happens, really focus on your breath and let the frustrated feelings go.

3. Experiment with different positions.

Although many of us think of effective meditation as sitting cross-legged with your eyes closed, beginners can be more experimental and try different types of meditation. Try sitting, lying, eyes open, eyes closed etc.

4. Notice your body parts.

A great practice for beginner meditators is to take notice of the body when a meditative state starts to take hold. Once the mind quiets, put all your attention to the feet and then slowly move your way up the body (include your internal organs).

5. Use 'Guided Meditation'.

There are some great free resources available on sharing sites such as YouTube and SoundCloud. Listening to a calming voice talking you through relaxing your body parts (see 4) can be really helpful.

6. Light a candle

Candle meditation is a very relaxing way to begin your practice. Lighting a candle and using the orange of the flames as your point of focus allows you to strengthen your attention with a visual cue. This can be very successful.

7. Try Visualisation

Picture an idyllic setting in your mind. Focus on the picture and let yourself be in the moment, in your ideal place.

8. Be grateful for your practice

Once your practice is through, spend 2-3 minutes feeling appreciative of the opportunity to practice, and your mind's ability to focus.

Spend quality time helping your mind to focus through meditation, and it will help to bring calmness to your busy, working day.

