



BEGINNERS GUIDE TO  
*Meditation*



# MEDITATION

This guide is perhaps one of the most important that I have created. Meditation comes in many forms, varying from a few minutes to, in some settings, hours! Practicing the art of quietening the mind forms the base of many many spiritual practices so it is a perfect place to start your journey.

Our mind never sleeps.

It is constantly working and it needs a break!

Meditation is an amazing practice that will enable your mind to not only rest, but allow you to become more than you thought possible.

There are thousands of health benefits from meditation! Better sleep, lower stress, improves wellbeing, helps with anxiety and depression not to mention helping many physical conditions. By practicing this you may find you benefit from so much more!

However, this guide is to help you with the basics.

It is very common for people to have tried meditation and really struggled with keeping focused. You are not alone. It is very common and even the most experienced meditators, have days when they just can't let go.

*Its Ok!*

We are living a human experience and this involves making peace with allowing struggle to become an experience. It takes practice.

Remember, frustration creates resistance.

So let's dive in!

Meditation was first developed a very long time ago. The oldest documented evidence of the practice of meditation are wall arts in the Indian subcontinent from approximately 3,500 to 5,000 BCE, showing people seated in meditative postures with half-closed eyes.





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Although many forms of meditation can be found in ancient religious traditions around the world, the practice as a formal component of a spiritual path is probably most closely associated with Buddhism. The Buddha, who lived and taught in Southeast Asia about 2600 years ago, founded an experiential path that inspired generations of practitioners to sit in mindful awareness and breathe their way to lasting peace. According to his teachings, meditative concentration is one of three trainings that when practiced together result in awakening, or enlightenment. The other two are proper ethical conduct and the wisdom of seeing things as they truly are.

It can be difficult to pin down the origins of meditation because there are so many practices that fall under the “meditation” heading. Is it mindfulness? Contemplation? Communion? Chanting? Trance?

Here are a few different types:

Guided Meditation  
Mindfulness Meditation  
Movement Meditation  
Focused Meditation  
Visualisation Meditation  
Transcendental Meditation  
Plus many many more

There are so many types of meditation. It would be wise to try as many as you can when you start to get comfortable. Release any preconceptions or expectations from a particular type. It may be the one you least expect that will move you the most.

In this guide we will be starting with the basics, moving on to guided meditation. When you are ready or you are inquisitive to any other types, do try them.



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*Let's begin!*

Meditation can be anything from a few minutes of focused breathing and mindfulness to a session that could be hours long. Do whatever feels good to you.

Get prepared:

1) Plan your time. Doing something for yourself such as meditation can often be put at the back of the priority list.

Make an appointment for yourself, with intention.

2) It will be much harder for you to relax your mind if you have been running around like a loonatic all day. 15 mins before you are ready to meditate, slow your activity down. Potter around the house, plump the cushions do any small tasks that will enable your mind to start to relax. Even better, sit down and just 'be' for 10 mins.

3) Prepare your space. Ensure you are comfortable. Have a blanket handy, cushion to support your back should you need one. Light a candle, play gentle music if you feel you want to and create an inviting space.

Wear loose or comfortable clothing

Turn off your phone. If you are expecting a call or a message, you will find it hard to relax.

Ensure you won't be disturbed for that time. Shut the doors (sometimes I shut the curtains!) so I can totally relax!

4) Drop any expectation.

Just allow yourself to be present in this moment.

Sit comfortably with your back supported. You can lie down if you aren't able to sit

Allow any thoughts that pop up while you are trying to relax, they will. Lists, things you have forgotten, people you need to reply to.

Don't get frustrated, allow them to come forward. Using your imagination/visualisation Bring the thought up in front of you, encase it in a bubble and lift it up and let it gently pass over your head, out of the way, where you can then come back to it later.





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*Some meditations to try.*

[5 Min Breathing Meditation.](#)  
[Click to try.](#)

Great for beginners and if you are short on time.

Start by focussing on your breath.

In through the nose,  
out through the mouth.

Bring awareness to your breathing.

The inhale and exhale  
The rhythm of your breath  
The rise and fall of your chest  
In and out  
In and out  
In and out

Do this for 5 minutes

How do you feel after?

Remember. Meditation can be as simple as this. Pay attention to what kind of meditation you need each day.



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## [Grounding and Protecting Meditation.](#)

[Click to try.](#)

An amazing tool to help people who are going to have a day being around difficult people or perhaps feel drained of energy after being around people.

Bring your attention to your breath.

In through the nose, out through the mouth.

Begin to relax the body on each exhale.

Allowing your body to feel looser and heavier.

Take in a deep breath fully expanding the lungs, then exhaling fully.

Imagine a bright white light in the centre of your chest, beaming out.

Watch this ball of light travel down your body into your legs  
Down into your feet allowing roots to sprout from the soles of your feet into the soil.

Witness your bright light meet with mother earth energy. Gather up the energy and mix it with your light bringing it back up through the roots towards your body,

in through the soles of your feet, travelling up your body, past your heart, your neck and out of the top of your head cascading out like a waterfall.

Allow this light to form a bubble around you.

With each inhale allow the light from the bubble to get brighter and brighter.

When you are ready, set the intention:

"This bubble of light will protect me from negative energies and anything that does not serve me in the highest and best way. Thank you"

Bring awareness to yourself, where you are sitting.

Take a breath and open your eyes.



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## Deep Relaxing Meditation.

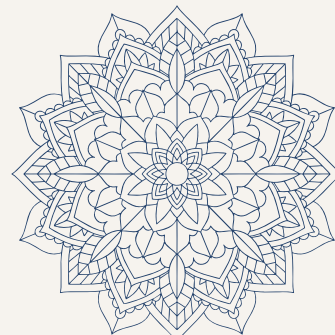
[Click to try.](#)

Great to help induce a natural sleep and fully unwind.

1. Lay down, ready for sleep. Ensure your back is supported.
2. Take some slow deep breaths. Inhale through the nose for a count of 3 and exhale through the mouth for a count of 4.
3. Take your attention to your head. Take a deep breath in and on the slow exhale, relax your scalp and forehead. Then take another deep breath in and on the slow exhale relax your eyes. Feel the muscles getting heavier and looser.
4. Make sure to notice if you are carrying any extra stress in any areas and maybe spend a couple of extra exhales to properly relax that body part.  
You can even visualise the tension dripping off you onto the floor.  
Make your way down the body...



- 1 Forehead & scalp
2. Eyes
3. Mouth & jaw
4. Ears & whole head
5. Neck
6. Shoulders
7. Arm and hands
8. Chest
9. Upper back
10. Stomach
11. Lower back
12. Hips
13. Thighs
14. Lower legs & feet



If you find you have proceeded in a different order that is absolutely fine.

Once you have finished (if you haven't fallen asleep yet) take a few more deep breaths, imagine your body as a whole and just check if there is an area still carrying some tension. Breathe through it, witness it leaving your body with each exhale. Then bring your awareness to your body lying on your bed. Wiggle your toes and open your eyes. Ready to turn over and drift off to sleep!



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## Troubleshooting

Having trouble meditating?  
Read below...

### "I just can't relax"

Don't give up. We are all living busy lives. Keep planning the time in, if when you try you just can't relax, leave it until later on or the next day. It is more likely that you will become frustrated. Which is the opposite to the desired outcome. Be kind to yourself and try again another time. Try also changing the phrase in your mind from 'I can't do this', to 'I CAN sit still'.

### "I can't quieten my mind, its too busy."

Have a look at the time of day you have planned to meditate. Is your mind more active at this time of day or more stimulated? I know I can't meditate in the morning I'm too sleepy, and too tired after 8.30pm. Mid morning I am usually on the go mentally and my mind will be too active. It is very common for even the most experienced meditators to have a day when they just can't relax. Be kind to yourself, and come back to it. The next technique will serve you well. When you have started, your body is relaxed and your mind is throwing reminders at you, lists of things you have forgotten or a reminder to text Auntie Jill later, bring these thoughts up in front of you as an image. Place them in a bubble and allow this bubble glide up and over you placing the thought behind you, ready for you to return back to it later.

"I can't quieten my mind, its too busy."

### "I keep 'wandering' off"

Depending on the type of meditation you are practicing, this may actually be a good thing! If you are still struggling, and want to stay focussed. You may want to try a chanting/mantra meditation. Try 'Om'/'Aum'. Say it slow and let your breath carry the word. Feel the vibration of the word in your tummy. Let your breath guide you. The purpose of this is to give your conscious mind something to focus on –the chant– so that you can allow your subconscious mind to relax. Clever huh!



Namaste

