



Introduction to Meditation-Guided Practice

By practicing regularly, individuals can experience reduced stress and improved mental and physical health benefits. It is essential for beginners to create a habit by setting aside time for meditation, starting at home in a quiet environment, and gradually incorporating it into their daily routine.

- 1. Sit comfortably in a cross-legged position and gently close your eyes*
- 2. Begin with the breath by noticing the temperature of the breath as you breathe in through your nostrils and into the belly gently*
- 3. Notice the sensation of breathing out through your nostrils*
- 4. Notice how gravity is pulling you into the seated position*
- 5. Feel the sensation of sitting on the ground*
- 6. Listen to any sounds around you without making a judgment about the sounds*

7. *Notice any thoughts that may be coming to mind without making a judgement about the thoughts*
8. *Ask yourself where the thoughts come from - if anywhere at all*
9. *Notice how your eyes are closed your vision is still not completely dark*
10. *Repeat the process for 10-20 minutes*