



LEARN HOW TO MEDITATE IN 10 EASY STEPS!

- 1) Realize that meditation is not just for monks on a mountaintop or ladies in fancy yoga gear... **DECIDE THAT MEDITATION IS FOR EVERYONE - AND THAT INCLUDES YOU.** 🧘
- 2) If you have 20 minutes to scroll thru social media, or a couple hours to Netflix and Chill, then you ALSO have 5-10 minutes a day to meditate. **DECIDE TO MAKE THE TIME.** ☀️
- 3) Creating Space: find a corner of the world that's just for you and your Meditation Practice. This could be everything from a pillow you throw down on the floor in your bedroom, to a full blown altar in your office, or sitting in your car on your lunch break. **DEDICATE A SPACE TO YOUR MEDITATION PRACTICE.** 🌎
- 4) Notice I'm calling it a Meditation PRACTICE and not a Meditation PERFECT... that's because: the practice IS the perfection. Very few of us in modern (Western?) culture will ever reach truly blissed-out enlightenment to the point where we transcend out of our bodies...and that's okay. We can get close, and in the meantime - we can realize that the gift and the magic is in the trying, the doing, and the practice. **DECIDE THAT THE JOY IS IN THE JOURNEY.** ❤️
- 5) Forget everything you think Meditation SHOULD be. (*My sister and I like to say, "you can take your 'shoulds' and shove 'em!"* 🤣) Each and every Meditation experience you have will be different, and it's different for every person. Meditation is simply a time to be still, be quiet, go in, and listen. Some people like to say that Prayer is where we ask the questions, and Meditation is where we listen for the answers. With practice, you will eventually become attuned to hearing your HIGHEST SELF, OR THE DIVINE, GOD, MOTHER NATURE, THE UNIVERSE... WHATEVER YOU CALL IT. You will realize that you are connected to something bigger and greater than yourself, and **THERE IS IMMENSE PEACE AND SATISFACTION TO BE FOUND IN THIS KIND OF KNOWING & CONNECTION.** 💫
- 6) You will probably just end up making lists in your head or getting mad about how much you're "thinking" in your first few meditations. That's totally okay, and completely normal, I promise! **YOU WILL NEVER COMPLETELY SILENCE YOUR MIND - AND THAT'S OKAY TOO.** 😅

But... you WILL learn how to calm it down, how to train it to be quieter, and it will start to feel more like white noise, instead of all-consuming, relentless chatter. Then you will move BEYOND that... deeper, higher, wider. Eventually, you and your mind will expand TOGETHER.

When it comes to Meditation: If you try, you succeed. Why? Because you weren't meditating a week ago, or an hour ago, and now you are! 😊 #winning **THERE IS NO SUCH THING AS FAILING AT MEDITATION, SO LET THAT STORY GO.** 🌈

7) By this point, you might be asking yourself, "okay great - but she hasn't actually told me *HOW* to meditate yet! What's going on?" Well - it's because most people who try to meditate end up thinking they've failed because no one told them about #'s 1-6! So you're already WAY ahead of the curve! Please make sure you actually read/DO #'s 1-6 if you haven't already. **#7 is: set a timer.** Something pretty, soft and gentle on your phone, like a chime, or bell. Set it for anywhere between 5-10 minutes. If that feels like too much for your first time, no worries! How about 2 minutes? Or 1 minute? Just choose and set it. **THE KEY TO A SUCCESSFUL MEDITATION IS GOOD PREPARATION AND A RELEASE OF ALL EXPECTATIONS.** 😎

8) **STRETCH AND SETTLE.** It's always good to MOVE your body before Meditation if you can. Everything from a stretch of the arms, to a walk, yoga practice, full work out, jumping jacks, whatever. Or just shake your hands with loose wrists, or gently roll your neck from side to side to get some energy out. Then DECIDE to arrive in stillness. PLEASE try not to fidget during your meditation. (You probably definitely will, and that's okay. Haha But see how long you can stay still in between movements). **Make sure you have a relaxed and supportive posture.**

***QUICK TIP:** When you sit down to meditate and close your eyes...imagine yourself somewhere peaceful, open, and expansive - preferably in nature. Choose an anchor (we'll get to that), and when the thoughts come in (which they will) - pretend like they're a cloud passing by in the sky. Or a balloon. The clouds can be different shapes, and the balloons - different colors. But either way, when a thought comes in, let it go. We get into trouble because we grab that thought and say, "HEY! What are you doing here?!? I'm trying to meditate, dang it!" LOL And then we have some feelings of guilt, shame or failure because we HAD the thoughts, and then we have feelings about THOSE thoughts, and the cycle continues. You get it. ;) So imagine if you got mad at a cloud or a balloon for coming into view or passing by, how silly it would look if you started yelling or grabbing at it, while ALSO telling it to get outta here. Whereas, if you just let it go, it'd be gone by now.

NOW CHOOSE AN ANCHOR. Something to hold on to or come back to. **It can be your breath:** either focusing on your breathing, thinking "inhale" on the inhale and "exhale" on the exhale. **It can be an image or visual.** That happy place in nature I mentioned above...watching the ocean waves come in and out or the clouds passing by. Up to you. **Or you can pick a Mantra or Word to focus your attention on.** Something simple please...1-3 words will do (i.e. LOVE. JOY. I am love. I choose joy. I am relaxed. EASE.) - stuff like that. **OKAY - CHOOSE YOUR POINT OF FOCUS NOW.** 🌟 (don't overthink this - just pick one and keep moving! You can always try another one later. 🌟)



9) When any thoughts, feelings, sensations, distractions, or outside noises come up or in, just let them be. If you're thinking, you can say to yourself, "thoughts" or "I'm thinking". Or see those clouds/balloons passing by. If there are noises in your environment, just let them be a decoration to the moment. If you hear a neighbor walking by your front door, think, "oh - this moment is wearing heels", or if the helicopter flies overhead, think, "now my moment is wearing a scarf", etc. And if sensations in the body or emotions come up, just think, "I'm feeling". **Observe without judgment.** And no matter what - just keep coming back to your anchor. 
LET EVERYTHING BE A PART OF THE EXPERIENCE. IT ALL COMES FLOATING IN AND OUT, WITHOUT YOU GRIPPING ON TO ANY OF IT. 

10) **LIGHTEN UP.** A lot of people take meditation VERY seriously and think it's this big, dramatic, sweeping, epic experience. And sometimes it is. But most times, it's not. So have a sense of humor about it. Play. Try. Maybe even let it be fun. 

OKAY. You're ready. Take a deep breath in, and a long exhale out. Set an intention for your practice and say it. Or use what I've written below.

"I will do my best and stay open to each moment. I will release any judgment and continue to relax deeper & deeper, with every breath I take. This will go better than I could have ever imagined. And so it is. I am ready." 

Just REMEMBER:
BREATHE, RELEASE, RELAX, COME BACK TO YOUR ANCHOR AND REPEAT.

**You've got this! Press "start" on your timer and I'll see you in a few.
Now close your eyes and HAPPY MEDITATING!** 



GREAT JOB! YOU DID IT!
AND NOW YOU KNOW HOW TO MEDITATE!
JUST LIKE THAT, FRIENDS!
IT'S AS EASY AS CHOOSING.
LET'S DO IT AGAIN TOMORROW, OKAY?

It's a good day for a good day and I wish you a beautiful one.

In gratitude,

Miracle

www.havezenwilltravel.com