

# MEDITATION GUIDE



## 1. Find a place where you feel calm and comfortable

Dimming the lights and playing soft music can help you create the perfect ambiance for your meditation practice.

## 2. Take a seat or lay down

Make sure your body is not tense. Keep your shoulders, neck and arms relaxed and start taking deep breaths when you feel ready.

## 3. Pick a focus point

During your meditation make sure you always have a place to come back to in case your mind wanders. This focus point will help you eliminate all distractions and will remind you to stay in the moment.

## 4. Observe your thoughts

Whenever you feel your mind start to wonder, observe your thoughts. Do not retain or judge your thoughts, just let them flow and focus on your breathing.

## 5. Create positive thoughts about yourself

Visualize your dreams, goals, and capabilities. Make this an empowering and calming moment for yourself.

## 6. Be mindful

This is the perfect time to focus on yourself and your needs. Take your time to be present and live in the moment. Do not try to rush through the experience.

## 7. Show up for yourself

Make sure you are showing up for yourself and your needs. You are important and worthy.

## 8. Control your breaths

Every time you inhale, fill your body up with energy. Your stomach should stretch with every inhale. Every time you exhale, let go of all your worries. Your stomach should flatten every with every exhale.

## 9. Count your breaths

Inhale for 4 seconds, hold for 4 seconds, and exhale for 4 seconds.

## 10. Do a body check

How do you feel? What was your experience like?

## 11. Repeat!