

Meditation Guidance

1. Create a Meditation Space

This isn't essential, but it is great to have a space within your home that is quiet, uncluttered and calming, where you can sit and envelope yourself in a peaceful meditation space.

Add into this space gorgeous* textures – rugs, blankets, candles, incense, yoga mat, meditation pillows, crystals, affirmation cards, gorgeous* drawings and ornaments, mala beads, plants and a gorgeous* chair with a supportive back.

2. You DO have time to Meditate

Gift yourself with 1 minute of your time and then 2 minutes and so on, – this is all you need to get started on your slowing down and meditation journey.

Using your breath is one of the easiest ways to relax the body, calm the mind and release emotional tensions. The key to this quick and easy meditation exercise is to focus your attention on your breathing – simply observing the movement created when you breathe in and how you breathe out.

Exercise 1

Set a timer for one minute

Close your eyes

Take your attention to your breathing

Observe you breathing in and breathing out

Exercise 2

Set a time for one minute

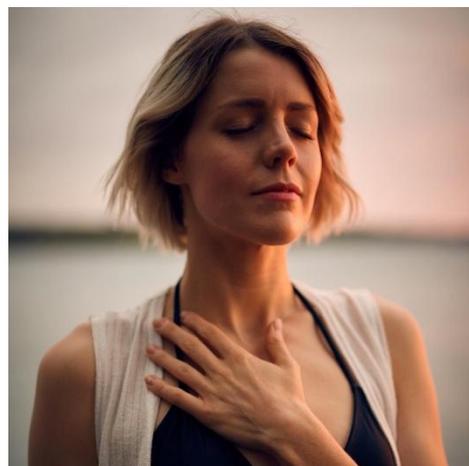
Close your eyes

Breathe in through your nose for 5 seconds

Hold your breath for 5 seconds

Breathe out through your mouth for 5 seconds

Try these every day for one week and then increase to 2 minutes.



3. Guided Meditation

Guided meditation is meditation you listen to which offers guidance from a teacher. Nowadays, there are many guided meditations on YouTube that you can easily get free access to. The teacher takes you into a state of relaxation by walking you through the meditative process to help you to find a calm and peaceful mind – guided meditations are great for those who are starting out in meditation and find it difficult to calm the mind from thinking.

Within this section, we have provided you with a selection of audio meditations for you to download and listen to.



4. “Peace Begins with Me” Kundalini technique

Kundalini meditation is a gorgeous* practice that is simple, super easy, quick and can be done anywhere.

Simply close your eyes, focus on your breath (like in exercise 1) then follow the sequence below :-

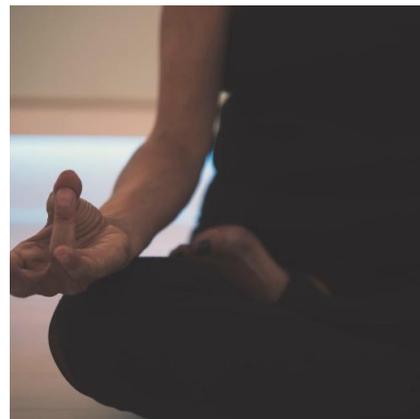
Touch your index finger and say PEACE

Touch your middle finger and say BEGINS

Touch your ring finger and say WITH

Touch your little finger and say ME

Try going through this technique 3 times. Then take in a deep breath and release (exhale)



5. Walking Meditation

Meditation does not necessarily have to be sitting down, eyes closed. We can also slow the mind down and reduce our stress with active meditations such as walking. Walking is a great

time to meditate. So put on your shoes and get out in the fresh air – walk around your local area or drive out to a forest, the lakes, the beach, mountains.

As you're walking, slow down your steps, feel your feet on the ground and focus on breathing slowly and deeply as you walk.

Take this to the next level and open up to your senses – what do you hear, see, feel, what can you touch?

As you're walking you can recite the mantra “I am feeling calm” “I am feeling centred” “I am feeling grounded”.

You can even put on your head phones and listen to a guided meditation or a mantra on Youtube.



6. Active Meditation

Walking is a form of active meditation. If you don't want to sit and meditate you can go for a run or try Yoga and stay in the present moment during these activities – Notice what is around you, what do your senses pick up on – smells, sounds, feelings, what do you see?

7. Ground yourself after meditating

When you meditate it is important to ground yourself afterwards to bring yourself back to your body. At the end of meditating, feel your feet on the ground and give your body a little shake around. Notice how strong your feet feel on the ground and imagine big roots going from the bottom of your feet and into the ground.

8. Useful Meditation Apps

Along with YouTube, you can try these amazing meditation apps

Headspace

Spirit Junkie App

Calm