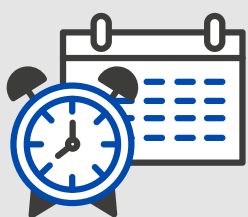


# 8 SIMPLE STEPS TO MEDITATING



1

## SCHEDULE TIME TO MEDITATE

Meditate for the time that you have, or 20-30 minutes twice per day - once in the morning and again in the early evening.



2

## CHOOSE A LOCATION FREE OF DISTRACTIONS

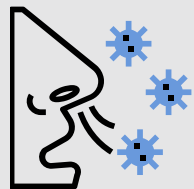
Turn off your phone and allow this time to fully decompress. Find a comfortable place to sit where you can safely close your eyes.



3

## SIT COMFORTABLY

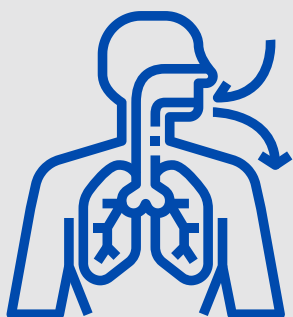
with the spine tall, even weight on both sit bones, shoulders back and relaxed, head centered above the spine, chin level, hands resting gently on your thighs. If you're sitting in a chair, have your knees bent at the same level of your hips, feet parallel and flat on the floor and ankles underneath your knees.



4

## BEGIN BREATHING

by taking some deep, soft, gentle breaths, breathing in and out of the nose if you can.



5

## GENTLY OBSERVE THE BREATH

as it gently and softly moves in and out of the nose. Avoid forcing, concentrating or trying to stop your thoughts. The less you do, the more the benefits.



6

## GENTLY RETURN TO WITNESSING THE BREATH

when you become aware you have drifted to thoughts, sounds, or sensations in your body.



7

## STOP OBSERVING THE BREATH

rest in silence for a few minutes, and gently return to activity.



8

## LOOK FOR THE EFFECTS AND BENEFITS OF MEDITATION IN YOUR DAILY LIFE

Avoid seeking a particular experience or results. Meditate without judgement. Each meditation is unique. The purpose of meditation is to enrich your life, in addition to relaxation, health and spiritual benefits. Thoughts will always come up.