

# **Meditation Quick Start Guide**

## **10 Easy Steps**

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## Meditation Quick Start Guide

Below you will find basic instructions. It is a no-frills way to give meditation a try without getting involved with too much theory. If you're in a hurry to catch a glimpse into what meditation is about, try this.

This sample session should take you about 20 minutes from start to finish. If you would like to learn more, there are many good books and CDs you can use, but the best way to make sure your meditation practice gets off to a good start and grows, is to find a good teacher.

1. Find a quiet spot where you won't be disturbed for the duration of the meditation session.
2. Light some incense and a candle if you like to help set the mood.
3. Sit comfortably, either cross-legged on the floor (have a supportive cushion or folded blanket to sit on to take pressure off your knees and hips), on your heels (the cushion or blanket can be between your buttocks and heels), or in a chair. Make a resolution that you will remain perfectly still for the duration of your session.
4. Take five deep, slow breaths through the nose. Begin with the exhalation. Follow the breath, with unbroken awareness, from moment-to-moment, from the beginning of the exhalation to the end of the inhalation. If you feel light-headed or dizzy, discontinue the practice until the feeling passes or skip it until next time, but be more gentle and perhaps do fewer breaths.
5. Make an affirmation that reflects the reason you are meditating. For example, "I'm taking this time to be quiet and to focus my mind. I affirm that Peace is my True Nature, and to experience this, I will be attentive to the object of meditation and enjoy this time to go within."
6. Bring your awareness to the object of meditation. If you have no idea what to use as an object of meditation, you can repeat the mantra "OM Shanti" (OM Peace), or just watch the flow of the breath. If you choose using the mantra, keep the pace easy and moderate, not too slow or too quick.
7. Keep a clear a focus on your object of meditation but don't strain or judge yourself. Continue for at least 15 minutes (it can help to use an egg timer to time the session).
8. End the session by taking three deep, slow breaths through the nose.
9. Say a prayer or affirmation for the peace and well being of all beings.
10. Get up and carry the peace of meditation through the day.