

# How to Meditate

**Meditation is something everyone can do, here's how.**

Meditation is simpler (and harder) than most people think. Read these steps, make sure you're somewhere where you can relax into this process, set a timer, and give it a shot:

## **1) Take a seat**

Find place to sit that feels calm and quiet to you.

## **2) Set a time limit**

If you're just beginning, it can help to choose a short time, such as five or 10 minutes.

## **3) Notice your body**

You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.

## **4) Feel your breath**

Follow the sensation of your breath as it goes in and as it goes out.

## **5) Notice when your mind has wandered**

Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to the breath.

## **6) Be kind to your wandering mind**

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

## **7) Close with kindness**

When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.

**That's it! That's the practice.** You go away, you come back, and you try to do it as kindly as possible.