

# How To Start with Meditation



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# There is more than one way

## How Does Meditation Looks Like to You?

Do you imagine someone sitting with their hands in their lap, with a weird sound coming from their mouth? Or maybe they're just quiet, sitting there wasting their time?

What if I told you I'm meditating on the picture above?

Or, that I meditate when I'm taking a bath?

Or, that I am meditating while I'm going for a walk in the forest?

Yes, the most common is probably the sitting version, and maybe that will be your favorite too.

The headstand is something I find extra useful to keep a clear mind. There is no room for a messy mind, you need to be in your body.

I just want you to have an open mind to explore different options, and find which ones that suits you the best. It may be that you will like to alternate.

The steps below can be used for either.

# Let's Start your Journey

## You Can Build It Up In Your Own Pace

**First thing first**, don't put any pressure to perform. Meditation is something that can grow on you. Allow it to take time. Don't stress over the thoughts that are coming to you about what you are going to eat tonight etc. This is natural, ok?

**Secondly, find your place** where you are not being distracted or interrupted. A space where you feel comfortable and safe.

**Thirdly, choose your resource** you will find tips on where to find guided meditations and also meditation music below.

**Now that you have your mindset, place and music** it is time to start your meditation.

I have added a free empty month schedule below where you can fill in to keep track, I also added an example. Again, personalise it, this is for you. There's no competition with anyone else or how long you can sit. Feel your way forward. Maybe 5 minutes a day is your goal, work towards that. Maybe when you are there, you want more, and that's ok too. You decide.

# Some Tips Along The Way

**Be kind to yourself, and don't stress**

**Thoughts coming up about dinner etc** these are natural as mentioned above. Instead of getting stressed or annoyed over them, accept, see, and let go. The more you try not to see them, the more they will be there.

**If you're like me and like to visualize, use my tips.** When I have sat down, and turned on the music, I imagine myself sitting on a plateau in the middle of a mountain stream. I have trees and water around me. In the water there are leaves floating by. I pick up one at a time and look at it, there's like a message or a thought I have, I look at it, feel it, and then I put it down again and see how it goes away with the stream. I pick up one by one when I feel like it.

**If you feel like you're struggling** with letting go of the thoughts, or you feel anxious, try box breathing. In my guided meditation, you find on my site, I teach you the technique.

**Last but not least** be kind, don't expect it to look a certain way. Focus on the feeling.

# Resources

There are many resources available online, and you can probably find lots on your local library as well. the ones I use the most are:

Youtube

&

Insight Timer

&

My own guided meditation with box breathing which you can find in my shop.

When you feel comfortable to sit and meditate without any external guidance, you can find meditation music on Spotify too, just search meditation and you'll get some results.



# My Meditation Journey

My meditation journey started with my healing journey from my burnout.

It was my psychologist who suggested me to try it on one of our early sessions.

I said "sure, let's give it a try", and she opened the app and sat the timer on 2 minutes.

I'm not joking now, these TWO MINUTES were the longest two minutes I had ever experienced, In my head I only thought about what a waste of time this was! Why aren't we doing something PRODUCTIVE!?!? Yes, you probably understand why I needed it.

Today I love meditation the time doesn't stress me at all, and I have realized that rest is one of the most productive things you can do. When I'm rested I work better, do better and feel better.



**XoXo**

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"Gorgeous, you are far too  
magical  
to settle for average"

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# Meditation Month

## EXAMPLE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 min IT	1 min IT	1 min IT	2 min YT	2 min YT	2 min YT	2 min YT
3 min YT	3 min YT	3 min YT	4 min IT	4 min IT	4 min IT	4 min IT
5 min IT	5 min IT	5 min IT	5 min IT	5 min IT	5 min IT	5 min IT
6 min YT	6 min YT	6 min YT	8 min TM	8 min TM	8 min TM	8 min TM
10 min S	10 min S	10 min S	10 min S	10 min S	10 min S	10 min S

IT - Insight Timer YT - YouTube TM - Terese Meditation S - Spotify