

# MEDITATION 101

## Meditation With Breath

We can help control the mind by controlling the breath. Use simple belly breathing to control moods, develop concentration and help bring about a greater ease in your life.

- Sit up comfortably and let the eyes close
- Take some breaths through the nose, gently closing the mouth.
- Begin to breathe with the intention of breathing from your belly.
- Notice your belly breathing as it naturally rises on the inhales and falls on the exhales.
- Do not force the breath. Let the breath naturally become slower and deeper.
- Stay tuned into the inner presence of breath, rising on the inhale and falling on the exhale
- Stay with belly breathing for several minutes. Inhale, the belly rises. Exhale, the belly falls.
- Let the mind and body settle deeper into a relaxed, calm space.
- When you are ready, open your eyes and take a few moments before you go back to activity.

## 6 Tips to Help You Start Meditating

1. **Breath:** Appreciate the sensations of your breath. If your mind starts to wander, just recognize that you're thinking. Then return to appreciate the sensations of your breath.
2. **Arms & Hands:** Relax your shoulders and arms, allowing your hands to rest on your thighs. Alternatively, place one hand on top of the other in your lap.
3. **Legs & Feet:** If you're sitting in a chair, keep your feet flat on the floor and your spine straight. If you're sitting cross-legged on a cushion, the most important thing is to have your knees below your hips. If you need a higher seat, make one by sitting up on a cushion or folding up a blanket

4. **Eyes:** If you want the experience to be more focused on the body, close the eyes. If you want to feel more anchored in the space you're in, keep them open. If you find it too uncomfortable or have trouble relaxing with eyes closed, keep them open.
5. **Emotions:** Regulate your emotions by remaining in a positive headspace. If negative thoughts start to creep in, return your thought to something positive.
6. **Time:** There is no required or recommended time for meditation. It is more about consistent and frequent practice. Start a few minutes a day to start, such as 2 to 5 minutes, then work up from there.

**Source:** <https://www.insider.com/how-to-meditate#meditation-types-and-techniques>

## There's an App for That

Apps can make meditation seem less intimidating. Download these favorite meditation apps:

- **Calm: Meditation:** guided meditation sessions running 3-25 minutes in length
- **Headspace: Meditation:** subscription-based service for meditation
- **Buddhify:** meditations while you eat, work, sleep, and other parts of your day
- **Simple Habit: Meditation:** 5-minute daily meditation
- **10% Happier:** meditations and gratitude teaching
- **Insight Timer:** free meditation app
- **Breathe:** guided meditations, help with sleep, relaxing music
- **Aura:** short 3-minute mini meditations