



How to Meditate for Beginners

Have you been wanting to learn how to meditate but don't know where to start?

Let this comprehensive guide for beginners show you the way

Meditation is a simple but life-transforming skill that can help you to relax, enhance understanding about yourself and develop your inherent potential. Many meditation posts written in the past focused mainly on the applications of different meditation techniques. But if you have little knowledge about meditation, you may find it challenging to apply them without first learning the basics of meditation.

Choose a conducive environment. Find a nice, quiet place where you won't be disturbed for fifteen minutes or longer. Sit down, relax and rest your hands on your lap. You can sit on the floor cross-legged with the support of a meditation cushion, or on any chair with your feet resting on the ground. It is not necessary to force yourself into a lotus position if you are not used to it.

Regardless of how you sit, it is important to maintain the natural curve of your back.

Breathe slowly and deeply. Close your eyes softly. Direct your soft, unfocused gaze downwards. Begin by taking a few slow and deep breaths — inhaling with your nose and exhaling from your mouth. Don't force your breathing; let it come naturally.

Be aware. When you are breathing deeply, you will begin to feel calmer and more relaxed. That is a good sign. Now, focus your attention on your breathing. Be aware of each breath that you take in through your nose. Be mindful of each breath that you exhale with your mouth. Continue focusing on your breaths for as long as you like. If you find your attention straying away from your breaths, just gently bring it back. It may happen many times. As you develop greater focus power, you will find it easier to concentrate.

Ending the session. When you are ready to end the session, open your eyes and stand up slowly. Stretch yourself and extend your increased awareness to your next activities. Well done! You have done it!