9 Simple Points on How to Meditate

BA Brown - Huffington Post

How to Meditate. The goal of meditation is to focus and quiet your mind, eventually reaching a higher level of awareness and inner calm. It may come as a surprise to learn that meditation has practical applications such as reducing stress, improving concentration, and enhancing overall well-being. In this article, we'll explore nine simple points to help you get started with meditation:

1. **Find a Quiet Place.** Choose a quiet, comfortable, and private space where you can sit or lie down and stay for at least 10 minutes. The perfect place is where you won’t be disturbed by noises or distractions.

2. **Set a Time Limit.** Begin with short sessions of 2-3 minutes, and gradually increase the duration as you become more comfortable with meditation.

3. **Focus on Your Breath.** Sit comfortably and close your eyes. Focus your attention on your breath, noticing the sensation of air moving in and out of your body.

4. **Return to Your Breath.** Whenever your mind wanders, gently bring your attention back to your breath. This practice helps develop concentration and mindfulness.

5. **Maintain a Regular Practice.** Consistency is key. Try to meditate daily at the same time, even if it's just for a few minutes.

6. **Be Patient.** Mediation is a skill that develops over time. Don't expect immediate results. Be patient and enjoy the process.

7. **Don't Judge Yourself.** If your mind wanders, it's normal. Just gently bring your attention back to your breath. There's no right or wrong way to meditate.

8. **Explore Different Techniques.** There are many meditation techniques, from guided meditations to silent sitting. Experiment with different methods to find what works best for you.

9. **Seek Guidance.** If you're new to meditation, consider seeking guidance from a meditation teacher or joining a meditation group. They can provide support and help you stay on track.

Meditation is a powerful practice that can transform your life. By following these nine simple points, you can begin to experience the benefits of meditation and cultivate a sense of inner peace and clarity.

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