Meditation Basics

1. Sit in a quiet place where you would be least likely to be interrupted for 15 to 20 minutes.
2. Choose a word, image, or prayer beads to use as a gentle reminder to return to your breath. Choose something that will bring you back to a neutral awareness, not something that will become its own distraction and seek your attention.
3. Take a position that will be comfortable for this amount of time. Rest your hands in your lap. Imagine a string running through your spine and up through the top of your head. Pull your vertebrae, neck, and head in a line as if someone were gently pulling that string straight up, allowing each vertebrae to support the one above.
4. Set a timer for the amount of time you’d like to sit.
5. Take a few slow breaths and begin to take your focus away from your surroundings.
6. Close your eyes or leave them slightly open, gazing about 3 feet in front of you just below the horizon line.
7. Take a few longer breaths engaging your belly as you breathe. Notice the air pass through your nose, lungs, belly, and follow it back out. Spend some time really attending to the air and the physical sensations. Let your breathing become a natural rhythm for you.
8. As thoughts come to you, gently let them go by using the phrase, image or physical reminder you chose. Do not worry about the frequency of the thoughts or assume you are doing anything wrong if you get swept away by some or all of them. This is a practice. Every thought you let go of is a chance to practice letting go. You are exercising the choice to turn toward the Divine Indwelling.

Breath Intention

I take one breath to let go.
I take one breath to be here.
I take one breath to ask, now what?

Yes Meditation

Slowly walk yourself through this guided meditation.

Think of a situation that you are resisting.
Say yes to it. Notice how it feels to say yes.
Say no to it. Notice how you respond to the ‘no.’
Say yes to it. Notice your response to the ‘yes’, is there an opening, a shift?