



# A Simple Guide to Meditation

By Anna Zannides

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There are many forms of meditation and each has its purpose.

In this guide, I share my form of meditation.

## **1 – Silence or with Music?**

Meditation is not relaxation. The form of meditation that I teach requires no music or other distractions. In the guided meditation I share you should get the feel of a form of silent practice.

## **2 – Why silent meditation?**

Only in silence can we begin to hear our mind, to raise our awareness. Music is a distraction; it stops us from being truly present with what's going on in our mind. We have enough distraction in our life, when we meditate, it's time to be silent.

## **3 – But I can't stop my thoughts?**

The idea that meditation is about stopping thoughts is a misconception. We can not stop our mind from thinking, it's not possible. Meditation is about changing how we relate to our thoughts, becoming aware of how our thoughts can become messy and confusing.

So as you practice meditation you begin to grow in awareness of what is going on in your mind and learn how to observe thoughts without allowing them to rule you. In meditation you learn to put some space between your thoughts and your actions. We say you become the master of your mind, instead of allowing your mind to be your master.

#### **4 – How should I sit when meditating?**

How you sit is really up to you. The point is to be in a comfortable position without slouching and falling asleep. Remember meditation is not about relaxing or dosing off, it's about becoming totally aware of what is going on in your mind, in your body and even around you.

Choose to sit or lay down or even stand in a position that will allow you to practice comfortably, with respect for your practice. Over time you may naturally find it feels better to ground yourself by sitting on the floor.

#### **5 – Eyes Open or Closed?**

Beginners may find it difficult to meditate with their eyes open but you can practice both and see what works best for you. You can also switch between the two during a practice if you find it helps you to stay in your practice. It's fine if you have to blink, don't try to force yourself to shut your eyes tight or to keep them open. Meditation is about allowing whatever arises to just be, so sit comfortably, close your eyes or open them, whatever you feel works for you.

Meditation is a personal experience, it must work for you.

#### **6 – When should I meditate?**

It is usually best to try to start your day with some form of meditation. Remember that to meditate is not only about sitting. You can start your day mindfully, performing your morning rituals in complete silence and in complete awareness, if it works for you.

You can meditate any time of the day that is convenient. Some people find it useful to have a practice before bed because it helps them sleep. If this is the case for you it's fine as long as you are meditating and not just relaxing or half asleep.

#### **7 – How long should I meditate?**

Again this is very much a personal preference. If you are just starting out, you may only be able to practice for ten minutes. As you become more accustomed to being still you may notice it becomes easier to stay longer. Do what is best for you. There is nothing to achieve by comparing yourself to others, listen to what you need.

## **8 – What about guided meditations?**

Listening to guided meditations is a great way to really start your practice. Explore and see what works for you. Please feel free to use the guided meditation that came with this sheet.

Guided meditations if done correctly should give you some silent space too, giving you the opportunity to become aware of your thoughts. And then snap you out in case you are lost in your thoughts. In most guided meditations you will be introduced to your breath as a support however there are other ways to focus, such as external sounds or your body sensations.

## **9 – Where should I meditate?**

If you want to really benefit from meditation then create a space where you can meditate in peace. All you need is a corner somewhere at home, a chair, cushion and a little peace. Nothing else is needed.

## **10 – Meditation isn't working for me.**

When people start meditating a whole host of feelings and emotions begin to surface. It can sometimes feel like you are less at peace than before you started meditating. This happens because we start to become aware of things we may have avoided for a long time. In the silence, in the stillness we give space for everything that we may have distracted ourselves from for many years. Until we listen to whatever is calling us, we will always feel uncomfortable. So you decide if you are willing to listen to whatever may arise.

Of course there are other reasons that we may believe that meditation is not helping. For example if you are not used to slowing down, being still and silent, then meditation will feel difficult and challenging. And for you, this maybe exactly why you need it. To learn to stop, to listen and to pay attention.

Meditation is all about you – it's about learning to listen to you – to give yourself some space to breathe – to learn to become your own best friend and to start finding some peace in your life.

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**Looking forward to meeting you!**