

Meditation 101

There are many different reasons to meditate: some do it to still their bodies and minds amidst a hectic life and world; some to be present to what is happening inside them; and some to simply have a moment of rest. Or all of them!

While you are meditating, you can have your eyes open or closed. If you choose to keep your eyes open, choose a point to direct a soft gaze, perhaps the candle, or one of the art works on the wall. Don't choose another person for this as it may intrude on their practice.

Keep your hands in a comfortable position. This can be on your lap, facing down or up, or by your sides.

Sit in a relaxed way that feels like an open posture.

You can choose to use the time to be present to the rhythm of your breathing. You can slowly repeat a word or a short phrase in your mind (some places to start may be: 'I am loved,' 'Peace is here,' 'Joy is within me,' and 'Hope endures') or start at the top of your head and make your way down your body, checking in with how each part feels.

If you notice that your mind has wandered, without judgement, bring your attention back to some of the simpler practices outlined above.

If this time of silence is uncomfortable for you, notice that discomfort and allow yourself to feel it. Feel free to walk out of the room if it feels like too much. There's always a next time to try again!