

How to Meditate

Basic Steps to Get Started

Step 1

Come to Stillness

Sit in a chair.

Place both feet on the floor, hands palms down on your lap.

Find a natural length in the spine.

Success Tip #1: It's ok if there are sounds outside.

Success Tip #2: Choose the same time of day, e.g., morning, after lunch, or before bed.

Step 2

Set a Timer

Use the timer on your phone.

Choose a short amount of time, to make it feel easy.

Success Tip #3: Start with 5 minutes.

Step 3

Allow the Eyes to Close

Eliminate visual stimulation.

Success Tip #4: Listen to a guided meditation for support.

Step 4

Observe the Breath

Be curious and kind with your observation.

Success Tip #5: When your attention drifts, simply notice, and return to the breath.

Step 5

Notice the Effects

Ask yourself how it feels after you practice.

Success Tip #6: Track your observations in a journal, or with an app like Lift.do

Additional Tips & Resources

Free guided meditations, 5 mindful minutes tips, and more at:

kimnicol.com/resources