

How to Meditate for Beginners

This *How to Meditate for Beginners* PERSONAL DEVELOPMENT WORKSHEET is courtesy of: www.WyldWomanCoaching.com where you can download many more to help positively change your life.

Meditation is an excellent personal development technique to develop self-awareness, reduce stress and increase overall health and well-being.

In this **free personal development worksheet** I'll talk you through a few important beginner techniques for meditation.

Step 1: Make yourself comfortable. This could mean anything from sitting on a camping chair on the beach with your feet touching the water, or sitting in your favourite lounge chair in the living room or lying down in your bed. The position and place is completely up to you as long as you feel relaxed.



Step 2: Focus on your breathing. For about 10-20 minutes simply focus on your breath. Notice your chest and abdomen rising as you breathe in and how it drops when you exhale. Try deepening your breath. A deeper breath is a signal to the body to relax. Shallow breaths tell the body you are stressed. Do not rush this process or expect fast results. It takes time to train your mind to exercise a quiet mind focused single-pointedly on your breath. This is an important step which you can practice at work, while standing in the bank line, or even when you're caught in traffic. Simply bring your attention to your breathing.

Step 3: When you find yourself completely relaxed and at ease start to focus on your present surroundings. What temperature is it? How does the breeze feel on your skin? Bring your attention to the sounds and smells around you. Try not to form thoughts about this but just observe them and let your mind flow around and soak in your entire present moment. Do this for about 10-20 minutes, or as long as your time limit allows.

Step 4: Visualise someone you love. This could be a relative, friend, partner or even a pet. The idea is to activate feelings of love, so concentrate not so much on them – but on how thinking of them makes you feel. Once you have that feeling in your heart centre imagine this love growing and expanding to encompass your entire body. Next, direct that feeling of love inwards towards yourself – and love yourself. Hold this intention for 10-20 minutes or as long as the time allows.

Step 5: Now that you are feeling very relaxed with uplifting vibes you might like to explore your thoughts. Thoughts often run on an automatic pattern throughout the day and they can cause stress, anxiety, worries and depression.

Thought awareness is an important personal development technique that you can build and become very skilled at in order to change your feelings and your overall health and well-being. Take 10-20 minutes to watch your thoughts. Observe them as they come and go from your mind. If your thoughts are being stubborn you might like to focus on a positive saying or a mantra. One that generate positive and empowering feelings. Then you could observe the other automatic thoughts and as negative ones come up you could choose to replace it with a positive thought. Then when you are faced with a stressful situation, you can call up these positive thoughts and feelings and slow the breath.

Using beginner meditation techniques is an important foundation for personal development. You'll be amazed at how, once you become good at these simple techniques, your life changes and your mind is wide open to new ideas. It's quite fascinating.