



## *Meditation :*

*Everything we do starts with a thought  
in our mind -*

The mind holds great power over us, yet it is not a solid part of us, it can not be taken out and examined - it is not a physical object.

*When we meditate we lower our stress levels, we get to know our pain, we connect better, we improve our focus, and we're kinder to ourselves.*

Meditation can be practised almost anywhere.

Try to dedicate a space for you, somewhere quiet, clean and away from distractions is ideal.

### **Equipment:**

a chair or cushion

### **Posture:**

Check your posture,

this will allow the energy to flow freely around the body.

1. Cross your legs if on a cushion.

2. With palms facing up place your right hand on top of your left.

3. Allow the thumb tips to touch to create a connection.

4. You want a loose straight back,

5. Relaxed jaw with your tongue behind your top teeth,

6. Head tilted slightly forward with your shoulders up back and down.

7. Eyes can be open or closed, whatever feels right for you is just perfect. However, when closed you may fall asleep.

This is great if listening to an audio.

I have added a script for you to read at your own pace and obviously for this eyes will need to remain open but soft.

### **Types of Meditation:**

1. Walking meditation

2. Gazing meditation

3. Eating meditation

4. Compassion meditation

5. Sound meditation

6. Attachment meditation

**More information regarding meditation will be available on Instagram - check it out .....**