

# How to Meditate for Beginners

For more information go to <https://www.wikihow.com/Meditate-for-Beginners>

Meditation has many benefits, relief from stress, anxiety and unnecessary thoughts being among them. If you want to get started in meditation, read these tips adapted from a wikiHow article to learn more about it.

- ◆ Think about what you want to achieve with your meditation.
  - ◆ Find a distraction-free area to meditate in.
  - ◆ Use a meditation cushion or straight back chair.
    - ◆ Wear comfortable clothes.
  - ◆ Choose a time you are comfortable, distractions removed.
- ◆ Have a timer at hand, set it for the length of time you wish to meditate.



## Simple Meditation Exercises

### Expanding Awareness

Close your eyes and focus on your breathing for a few moments. Then, allow your awareness to expand to the sensations of your body. Notice your stomach, your heart, your limbs, your fingers and toes. Next, expand your awareness to anything your body is touching, whether it be a chair, a bed, the floor, or a desk. Finally, broaden your awareness to everything you can hear and sense around you. Reverse the process, moving a step at a time, until you are focused only on your breathing.

### Repeat a Silent Mantra

Try using the words: "I am here, I am present, I am ready," or "I am one with time." You can also create your own simple, grounding phrase. After you've decided what mantra you'd like to focus on, start repeating it over and over again in your mind. Align your words with your breath so that it is rhythmic and consistent. Continue this practice until you feel present and calm.

### Mindful Breathing

Begin by inhaling for 6 seconds, then exhaling for 6 seconds, breathing in through your nose and out through your mouth. Continue breathing in this pattern. Release your thoughts. Don't dwell on any of them. Let them occur and pass like leaves on a river. Appreciate the way your breath fills you with life. Follow its path as it enters and exits your body.

### Mindful Watching

Pick a pleasant, natural object in the room you're in and simply focus on it for a minute or two, or as long as your concentration permits. Observe it with a sense of curiosity, as if you're encountering it for the first time. Explore every component of it visually. Connect with its energy and appreciate its existence.

