

# MEDITATION

## > WHAT IS IT?

During our day we are constantly subjected to sensory input and our minds are always active in the process of thinking. Meditation is considered to be a technique or practice by concentrating on an object or thing that will put you in a thoughtless state. More importantly your attachment to these thoughts and your identification with them progressively become less.



A few recommended guidelines for meditation:



Sit with your spine straight and vertical (a chair is good to use for beginners)



Meditation should preferably be done before a meal, rather than after a meal.



Meditation should be done every day around the same time.



A spot should be set aside for meditation, which should be a quiet place and used only for this purpose.

## > WHY MEDITATE?

Benefits of meditation include relaxation, increased awareness, mental focus and clarity or sense of peace. In today's world these things could be helpful to you because the average person is bombarded with information causing sensory overload.

### Helpful Apps to get started!

For peaceful sounds that will help put you in a trance download this free App: *Relax Melodies*

Looking for a full guided meditation? Try out the App: *Calm*



## > HOW TO MEDITATE

Find a quiet place where you can be secluded and undisturbed during meditation. With your back straight, you can begin closing your eyes and concentrating on your breath, scene or item of your choice.



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