

— Being Still —

Simple Meditation



1

Find a place where you won't be disturbed

2

Set a timer for 5 minutes

3

Lie down or sit comfortably, with your back straight

4

See if you can notice any tension in your body

5

Let go of the tension

6

Close your eyes, and take a few deep breaths

7

Pay close attention to your breath only

There's nothing else you need to do, and nowhere else you need to be right now

Remember...

It's likely that your mind will begin to wander – our minds love wandering. It's fine for it to do so. Once it does, gently bring it back to your breath.

If it helps, try mentally saying 'breathing in' on the in-breath, and 'breathing out' on the out-breath.

Do this for 5 minutes at first. You can increase the length of time you practice over time if you like.

