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A Beginner's Guide to Meditation



Step 1: Find a Quiet Place

Choose a spot where you won't be interrupted. This could be a room in your home, a spot in the park, or any place that is relatively quiet and peaceful.

Step 2: Get Comfortable

Sit or lie down, whichever feels more comfortable for you. You don't need to sit with your legs crossed if it's not comfortable. Ensure your back is straight but not stiff.

Step 3: Set a Timer

If you're just starting, set a timer for 5 minutes. You can use a kitchen timer, a phone, or any other timing device. This will help you relax without worrying about the time.

Step 4: Close Your Eyes

Gently close your eyes. This helps you avoid distractions and focus more easily on your meditation.

Step 5: Focus on Your Breath

Pay attention to your breathing. Notice the air moving in and out of your nose or mouth. Feel your chest and stomach moving up and down with each breath.

Step 6: Be Kind to Your Wandering Mind

It's normal for your mind to wander. When you notice your thoughts drifting away, gently bring your focus back to your breath. Don't get upset or frustrated—this is part of the learning process.

Step 7: Gradually Increase Your Time

Once you're comfortable with 5 minutes, try adding more time slowly. Add a minute every few days until you find a duration that works best for you.

Step 8: Make It a Habit

Try to meditate at the same time every day. This will help you establish a routine and make meditation a regular part of your life.

Step 9: Explore Different Types of Meditation

As you get more comfortable with meditation, you might want to explore different types. There are many forms, such as mindfulness meditation, lovingkindness meditation, or guided meditation, each offering unique experiences and benefits.

Step 10: Be Patient and Consistent

Remember, meditation is a skill that improves with practice. Don't worry about doing it perfectly. The most important thing is to keep trying and to be consistent with your practice.

Helpful Tips

Stay Relaxed: Make sure your body is relaxed. Check for any tension in your shoulders, neck, or jaw, and let it go.

Use Guided Meditations: If you find it hard to keep your mind focused, you might benefit from guided meditations. These are available for free online or through various apps.

Journal Your Experience: Consider keeping a journal of your meditation practice. Note how you feel before and after, as well as any thoughts or challenges that arise. This can help you see your progress over time.

Remember, the goal of meditation isn't to clear your mind completely but to become more aware of your thoughts and feelings and to achieve a sense of peace and relaxation. Enjoy the journey!