

CHEAT



**MEDITATION
FOR BEGINNERS**

SHEET



FIND A QUIET SPACE:

- Choose a peaceful and comfortable location where you won't be disturbed.
- Consider creating a dedicated meditation space with calming elements like cushions, candles, or soft lighting.



POSTURE:

- Sit in a comfortable position, either cross-legged on the floor or in a chair.
- Align your spine, keeping it straight yet relaxed.
- Rest your hands on your lap or thighs, palms facing upward or downward—whichever feels natural to you.



RELAXATION:

- Gently close your eyes or maintain a soft gaze, allowing your focus to turn inward.
- Take a few deep breaths, inhaling slowly through your nose, and exhaling fully through your mouth.
- Allow your body to relax with each breath, letting go of any tension or tightness.



MINDFUL BREATHING:

- Bring your attention to your breath.
- Notice the sensation of the breath as you inhale and exhale.
- Focus on the rising and falling of your abdomen or the feeling of air passing through your nostrils.
- If your mind starts to wander, gently guide your focus back to the breath without judgment.



BODY AWARENESS:

- Scan your body from head to toe, noticing any areas of tension or relaxation.
- Bring your awareness to each body part, one at a time.
- Breathe into areas of tension, allowing them to soften and release.



CULTIVATING PRESENCE:

- Shift your attention to the present moment.
- Notice the sounds, sensations, and thoughts arising in your awareness.
- Avoid judgment or attachment to these experiences.
- Simply observe them with a sense of curiosity and acceptance.



LOVING-KINDNESS:

- Generate feelings of love and compassion toward yourself and others.
- Repeat affirmations or phrases like "May I be happy, may I be at peace" silently in your mind.
- Extend these well wishes to loved ones, strangers, and even challenging individuals.



GRATITUDE:

- Reflect on things you are grateful for in your life.
- Focus on the blessings, experiences, and relationships you appreciate.
- Allow feelings of gratitude to fill your heart and mind.



CLOSING:

- Gently bring your attention back to your breath.
- Wiggle your fingers and toes, becoming aware of your physical body.
- Take a moment to appreciate the benefits of your meditation practice.



**HOW DID YOUR
MEDITATION SESSION
GO? 😊**

