

Ann Ball



A beginners guide to meditation

Start your meditation
practice today.

Before you get started:

Create a meditation space

It's not necessary (you can meditate anywhere!) but its nice to have a designated spot in your home where you can go to meditate. Put a chair, pillow, or something comfy to sit on. You can decorate it with some plants, crystals, pictures, or anything else that brings you joy.

Start small

Start practicing for 5-7 minutes and then work your way up. You don't need to meditate for 20 minutes to start.

Let go of expectations

Don't expect a certain outcome from your meditation (like having no thoughts or a magical experience) yes this can happen, but allow your meditation to be what it is, without forcing it in anyway.

Set an intention

Why do you want to start meditating? Getting clear on your why will help you have a succesful meditation practice.

Time to meditate

Find a cozy spot either sitting or laying down, just honouring what your body needs in this moment.

Set a timer for how long you'd like to meditate. (The Insight Timer App has a great timer for meditating.)

Gently close your eyes. Take a deep clearing breath in through your nose and out through your mouth. Repeat 2x

Start to bring your awareness to your breath, noticing where you feel your breath in your body. If it helps you can place one hand on your belly and feel your stomach rise on the inhale and fall on the exhale. On the inhale start to repeat the mantra "so" and on the exhale "hum" Inhale - So Exhale - Hum. If your mind starts to wonder just gently bring your awareness back to your mantra. If you start to notice sensation in the body, again gently bring your awareness back to your breath and mantra. SO HUM.

When your meditation is over, gently bring your awareness back to your body maybe giving your fingers and toes a wiggle. When you are ready gently open your eyes.

Congratulations! you just meditated.

Some things to remember

Consistency is key

Meditation gets easier the more you practice. You may notice positive results right away or it might take a few weeks. Just stick with it and remember to start small and work your way up. Don't forget your why!

Any Meditation is better than no meditation

If your mind wonders the whole time or you don't feel fully relaxed that's ok it's still better than not meditating. Our brains and bodies are doing amazing work when we sit down and meditate, even though it may feel like we're not meditating.

Try different styles of meditation

There are many different styles of meditation out there, try them out to see what you like. Insight Timer and Youtube are great places to start browsing. You may need different meditations on different days.

Enjoy your meditation
practice!

I'm so proud of you for taking the first step in creating a daily meditation practice.

If you'd like further support on your meditation journey please visit www.annball.ca/meditation for guided meditations and upcoming classes.



With Love,

-Ann