

## 7 Simple Meditation Tips for Beginners

Beginners to meditation often approach it with preconceived notions. In contrast to popular opinion, you don't have to practice a particular religion, have a specific spiritual outlook or buy any equipment or accessories to benefit from meditation. Beginners to this age-old practice have heard it is a great stress-reliever that also delivers other mental health benefits and physical rewards. Anxious to get started, would be meditation newbies generally have one big question on their mind ...

*"How do I meditate?"*

They often envision trying to achieve a cramped and painful lotus position while breathing stifling incense and repeating mystical chants as necessary for a meditation practice. Preconceived notions and ill-informed stereotypical misconceptions fill their mind. If you want to get started benefiting mentally and physically from meditation, the following 7 tips and practices will quickly move you from confused newbie to calm and focused meditation veteran in no time.

**1 - Understand right up front that there is no "right" and no "wrong" way to meditate.** Whatever works best for you is what you should be doing.

**2 - Start off slow.** You should aim for 2 or 3 daily meditation sessions just 3 to 5 minutes long at first. Get familiar with the process. At first, even a 3 minute meditation session can be difficult. You may feel like you have "failed", but stick with it and your performance and benefits will get better over time.

**3 - If your thoughts wander, and they will, don't criticize yourself.** Recognize whatever distracting input has interrupted you, and then slowly redirect your attention back to your point of focus.

**4 - Don't try to meditate right after a heavy meal.** Most people don't realize how much energy their digestive system requires. Meditating after you eat can cause frustration when you don't see or feel results happen quickly enough to make you happy. You should also be hydrated properly, but not to the point that your bladder is begging for your meditation session to be over.

**5 - Use meditation soundtracks ... or don't use meditation soundtracks.** Some beginners say meditation MP3 files, CDs, and YouTube videos are crucial for providing the correct audio environment for meditation. Others say this

music distracted them. Find out what works for you.

**6 - Realize that you don't have to sit in a cross-legged, lotus position.**

Meditation can take place anywhere, as long as you are seated or reclined in a comfortable position, in a calm, peaceful environment.

**7 - Practice mindfulness everywhere.** When you drive, while you are shopping for groceries or taking a walk around your neighborhood, be mindful of your experience. Don't focus on the past or the future, and not even the next step you are taking. Becoming mindful of the "right now" time in your life throughout the day can help your dedicated meditation practice.