



A GUIDE TO MEDITATION

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1

FIND A QUIET, PEACEFUL PLACE, OR THE QUIETEST ROOM IN THE HOUSE AND MAKE IT AS COMFORTABLE AND PEACEFUL AS POSSIBLE

2

PICK A COMFORTABLE CHAIR OR ANYWHERE YOU CAN RELAX. NO HARD AND FAST RULES.

3

IF YOU CHOOSE A COMFORTABLE CHAIR. SIT UPRIGHT, BUT RELAXED. PUT YOUR HANDS ON YOUR LAP AND KEEP YOUR CHIN UP.

4

'HUSH-PROOF' YOUR SURROUNDINGS. TAKE THE PHONE OFF THE HOOK, TURN OFF YOUR CELL AND DON'T SIT NEAR YOUR COMPUTER.

5

CLOSE YOUR EYES. TAKE THREE DEEP BREATHS, AND FOCUS ON THE SOUNDS OUTSIDE THE ROOM.

6

BRING YOUR FOCUS TO THE SOUNDS WITHIN THE ROOM.

7

NOW, LISTEN TO YOUR BODY - YOUR BREATH AND HEARTBEAT. THIS IS WHERE YOUR ATTENTION SHOULD BE, WITHIN YOURSELF. DON'T THINK, JUST FOCUS ON YOUR BREATH.



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8

DON'T WORRY IF THOUGHTS POP UP, THEY HAVE A TENDENCY TO DO THAT. DON'T FOCUS ON THEM, JUDGE THEM OR REJECT THEM, LET THEM BE

9

KEEP YOUR ATTENTION ON YOUR BREATHING. JUST KEEP BREATHING IN AND OUT, NICE AND SLOWLY AND STEADY.

10

PICTURE YOURSELF WITH A SMILE. IT HELPS RELEASE THE BRAIN'S NATURAL ENDORPHINS FOR RELAXATION.

11

WHEN IT FEELS LIKE ENOUGH, GRADUALLY BRING YOUR AWARENESS BACK INTO THE ROOM, TAKE A FEW DEEP BREATHS AND GENTLY OPEN YOUR EYES.

12

BEFORE YOU MOVE, SEE HOW YOU FEEL IN THIS MOMENT. AT THE VERY LEAST YOU CAN FEEL PROUD - YOU'VE MEDITATED.

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