



BODY MIND YOGA
P E R T H

Meditation

There are many different techniques to guide you into meditation and finding what works for you is the most important thing. The following is a simple but very effective meditation practice that you can use at home safely.

Start with just 5 minutes a day and build up to 20 minutes. This will change your life!

Sit or lie down, with your spine comfortably straight.

Bring your awareness to your breath. As you breathe in let your belly expand and as you breathe out be aware of your whole body...breathe into the belly and as you breathe out slowly, have a sense of relaxing your body. Let your shoulders relax as you breathe out...let your face become soft as you breathe out... that's all you need to do...breathe into the belly and breathe out and relax your whole body...clear mind.

If thoughts arise, that's fine, they will. Simply accept whatever thoughts arise and keep with the breath....if you forget the breath, it doesn't matter, but as soon as you realize, bring your awareness back to it...breathe in and expand the belly; breathe out relaxing body...accepting whatever thoughts or feelings that arise. There is no need to change your thoughts or feelings or to try to stop the thoughts, be aware of them as you are aware of the breath...watching your breath and your body and your mind.....not changing, just watching...clear mind...watch your anger...watch your worry...watch your fear...watch your planning...watch your happiness...breathe into the belly; breathe out relax your body; clear mind.

Meditation isn't so much about sitting down and being calm and relaxed or trying to be a certain way. It's about staying with your breath and accepting whatever arises. This way your life outside of meditation time will slowly start to change.

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