

## A Beginner's Guide to meditation

For me, it can sometimes feel like a dream to hear people talk of meditation. They speak of the joy and experience of meditation, and I often think to myself:

*wow, wouldn't that be lovely!*

And then, for the longest time I would intend to begin meditating myself, and despite my best intentions the ritual would not stick. I am writing this article humble, with some ideas and guidelines which have helped me as I have worked to include meditation in my life.

**The first thing that must be decided is the space.** Where will you meditate. If you wake before the rest of your house, or if you live alone, you may have more options. If you have a busy family, then you must

*find a sacred space, within your home or yard to which you can dedicate to your goal to meditate.*

You do not need anything to meditate. You can use a towel or firm pillow under your hips if you would like to meditate on the floor, or you can sit in a chair. Find where you will sit, and what you plan to sit on. Do what you can to

make the space your own, but also a spiritual place. Bring in some fresh flowers, a picture of a spiritual leader or inspiring scene. Perhaps a candle. Whatever you feel moved to do in creating a space.

**Next, you need to find the time.** It is there, I promise, and meditation will eventually make you more efficient, and as though you had more time in your day. That seems like a good trade off. I advocate for beginning small. Time has two components:

1) *what time will you meditate*

If you are a morning person, meditate in the morning. If not, when do you feel most clear in your day? Meditate then. Create the time, and then stick with it. Building a routine is going to help your practice of meditation develop, and consistency will make it all the more effective.

2) *how much time each day will you commit to meditation*

I suggest to begin with 4 minutes. You have 4 minutes to spare, right? Making the time accessible will help you build the habit and routine, and you can go from there. Adding

visit me at [www.melissachappell.com](http://www.melissachappell.com)

a gentler and happier approach to health

## A Beginner's Guide to meditation

time as you feel ready, and perhaps someday, creating a comfortable meditation time of 20 minutes. You will feel what is right for you and your life. Follow that.

**Now, the routine.** I have mentioned routine, but it really is such a vital piece of bringing meditation into your life.

*create a ritual, a plan, and commit to it for 21 days, a month, or 60 days*

Decide where you are at, and what you can commit yourself to, and then have honor in the promise you are making to yourself.

After space, time and routine, there are a number of other details to consider, however, for the sake of simplicity, I will only mention a handful. As you begin to meditate, I have faith that what you need in your journey will find it's way into your life, whether this is a podcast, and article, a teacher or a mantra (phrase in Sanskrit). These are some points I feel are worth mentioning:

**Find a seated posture, on the ground or in a chair where your spine is long!** Having a "straight" (and by this, I mean you have the

natural curves in your spine) spine is very important in the subtle energy aspect of meditation, not to mention in building good spinal alignment.

**BREATHE!** Your breath is a very vital tool in meditation. Allow it, notice it, practice breathing well. As you breathe, soften your body- the muscles of your face, shoulders, hands... Breathe, for your breath is your life!

**Be compassionate.** As critical thoughts and setbacks come into your plans, have so much compassion for yourself and for the work you are doing. Stick with it! You are amazing for getting started, and every victory is yours alone!

**Allow your mind to wander, notice where it has gone, and gently call it back.** I promise this will happen at least one million times, maybe more. Minds wander. Become aware, observe, and practice calling your mind back into the present moment. Over time, your ability to focus and concentrate will improve.

**If it helps you, use a prop.** A candle or a flower can be wonderful tools in developing your ability to connect and focus. Set them

visit me at [www.melissachappell.com](http://www.melissachappell.com)

a gentler and happier approach to health

illuminating  
articles

[Meditations]

## A Beginner's Guide to meditation

eye-height in front of you, and use that object as the subject of your meditation. Watch it, without attachment, again noticing distractions, and redirecting your attention back into the present.

There is much more that could be said, but you have begun, and what a wonderful place to be.

*you have a beautiful journey ahead!*

I wish you luck, and invite you to trust your impressions. You will bring the path that is yours to walk, and through the process, you will meet your true self and see the infinite being that you were born to become. This is the best gift that you could offer to yourself and to the world. Thank you.

*author: swan drsti*

visit me at [www.melissachappell.com](http://www.melissachappell.com)

a gentler and happier approach to health

Melissa  
Chappell  
.com