

# 4 simple ways you can meditate

Always sit in a comfortable position. Try having your back straight as much as possible. This way you will have a better energy flow through your body. Always start with a few inhales through your nose and exhales through the mouth to relax your body. Close your eyes and take slow, deep breaths to slow down. Just be easy with yourself. However you do it, it is good.

Now, follow your breath as it starts its journey into your body, from your nostrils, your throat, lungs, to the depths of your belly. Observe it as it goes out the other way around. Do this couple of times.  
Just see, feel and observe your body breathing.

Now feel your entire body. See your body with your eyes still closed. See with your heart, your eyes, your mind. Do you feel heat anywhere? Cold? Warm? Red? Yellow? Tension? Relaxation? Vibes? Itchiness?  
Just observe. Only that. No judgement. No prejudice. No reproach. This is who you are right now.

Now, take some time to do one of the following, whichever you feel attracted to at the moment.

## 1

### Practising awareness

*Observe. Stay relaxed and observe what is coming. Your thoughts. See them, wave them goodbye. Come back to your breath. Don't rush them. Stay present. Hear the sounds. Whenever thoughts show up, gently put them away and get back to your body. And observe it, once again. See how it feels in that space where no thoughts exist. Where you only ARE. Aware and present.*

## 2

### Practising gratefulness

*When in relaxed state, feel your body pulsing in space. Feel lightness, like if you were floating somewhere in the Universe. Ask gratefulness to come in. Find one thing you are grateful for. Invite that feeling in your body. Feel it. Now feel grateful not only for what you have in your life, but for having a life itself. For having this opportunity to be doing this at all, for your awareness, consciousness and power. Feel grateful that you are alive, here and now, in this moment.*

## 3

### Visioning your future

*Now that you are feeling relaxed and comfortable being here, invite a thought from your future. Invite a circumstance or a situation, a person, an event. Something you'd like to manifest. Be in that moment now. See how dressed you are, how you look, how you feel, what is around you, and in that moment in the future, be the best possible version of yourself. Be everything you now only imagine to be. Present, patient, loving, compassionate, strong, powerful, fearful, flexible, authentic, smart, easily expressing yourself verbally or creating from the deepest of your soul. Whatever you need. Take it, be it and feel it. How does it feel? Bring joy, grace or love in this moment. Imagine your future with an elevated emotion, attract and invite this experience into your reality by imagining it first.*

## 4

### Connecting to your heart

*When in relaxed state, concentrate on your heart space. Breathing in, feel your heart, breathing out, feel your heart. Feel how light it is, how loving it is. Imagine, see or feel a cone of light going from your heart into the space, into Universe. It is huge, light and bright like it is connected to the Sun itself, and it's reaching far away. It is bringing all the light and love into your heart, and it's giving light and love out there. There is another cone on the back of your body, in the middle of your back, where heart space rests. It is full of light, just like the front one. Now feel all this love you have inside of you. Feel all the light you are made of. How lucky you are to be at this place.?*

Stay here for how long you feel to. You can do each of these practices separately, or you do 1-4 in a single meditation. Choose your thing.

When you're finished, get back to your body, feel it, see it, observe. Breathe in, breathe out. Follow your breath, feel it and put a smile on your face. You did good.

That's it. This is meditation. With time and practice you will only benefit from it every single time you take time to do it. And remember, only with *practice* it becomes a practice.

