

Tiny Yoga Meditation: Start here

Incorporating a daily meditation is essential to building self awareness. By noticing and observing while we sit in meditation we begin to unravel habits and patterns of thinking. By sitting everyday your new awareness will inevitably spill into your daily thinking and experiences.

Ultimately we want to be engaged in everything we encounter during our day. Meditation as a formal sitting practice gives you freedom to trust yourself and relax into the moment as you are out in the world.

I practice every morning, and I would love you to join me. Know that I am extending my openness to you when I sit.

Beginning Meditation

I was planning to write more instructions for you, but I feel that you can make this your own to begin. Don't overthink anything. Just sit down for a moment and close your eyes. Breathe. Feel your feet and hands, feel gravity and the air. There, you are already a tiny meditator 😊

1. Don't give up before you start! This is good stuff! Meditation will change your life for the positive! Trust me.
2. Get comfortable. Nothing fancy, just sit somewhere. In bed, on the couch, on cushion, on the floor, at the kitchen table, outside, inside. Sit upright and relax. You can lean back on something, or not. Remember that your posture becomes your meditation as you sense and feel each moment.
3. Start tiny. 3 minutes seems short but you can always do more. Set a timer for 3 minutes and you can hit the timer again to continue longer if you like. Don't pressure yourself. In the beginning it is more important to meditate everyday than to sit for longer periods of time.
4. Keep it simple, you can't go wrong.
 - Breathe in, breathe out, feel the breath at the end of your nose.
 - Scan your body, feel your position and sensations. Inner and outer.
 - Notice sensing, thinking, and feeling. When you notice your mind is busy label your thinking in one of these categories.
5. Trust in your practice. Years of wisdom and billions of meditators before you have developed their inner joy and enriched their life through meditation. Insight meditation builds awareness of our thoughts, reactions, and responses so we can live a more authentic life!

There are a number of Apps for meditation and I have used one called: Insight timer – meditation timer. They have music, led meditations, groups etc. I highly recommend using something like this on your phone!