

How To Start Meditating



LOVING
AWARENESS

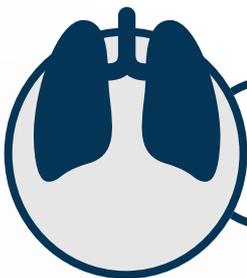


Take a seat

Find a position that is comfortable, calm, and quiet.

Set a time limit

If you're a beginner, set the timer for 3-10 mins.



Follow your breath

Focus on the sensation of breathing in and out.

Notice your mind

When your mind starts to wander, bring your attention back to your breath.



Practice everyday

3m

Aim to practice for a few minutes each day.

Make progress

Slowly add a few more minutes each week and notice the benefits.

