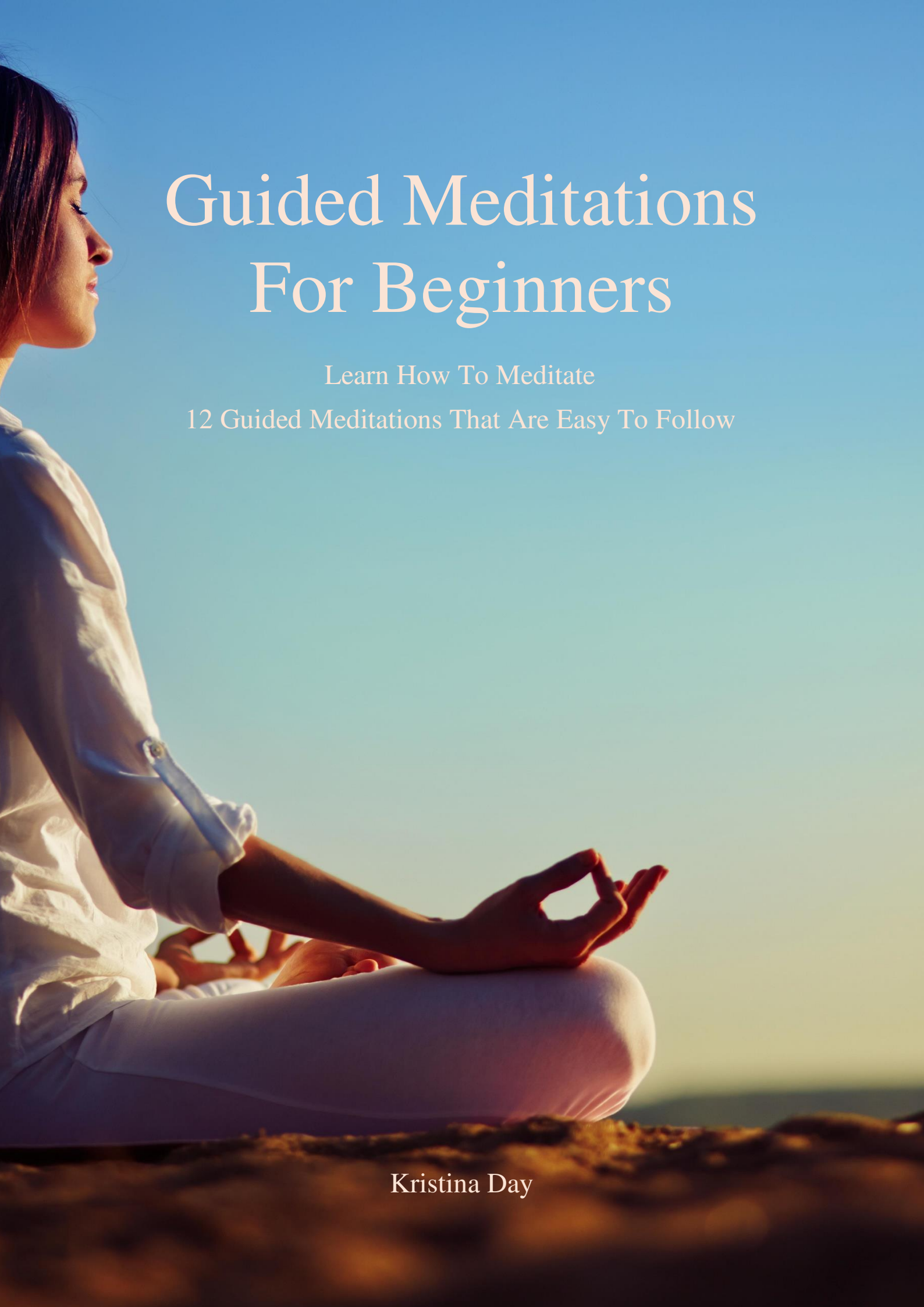


A woman with long dark hair is shown in profile, sitting in a lotus position on a rocky shore. She is wearing a white long-sleeved shirt and white pants. Her hands are resting on her knees in a mudra. The background is a clear blue sky with a warm, golden light from the setting or rising sun, creating a serene atmosphere. The woman's face is partially in shadow, and the overall scene is peaceful and contemplative.

Guided Meditations For Beginners

Learn How To Meditate

12 Guided Meditations That Are Easy To Follow

Kristina Day

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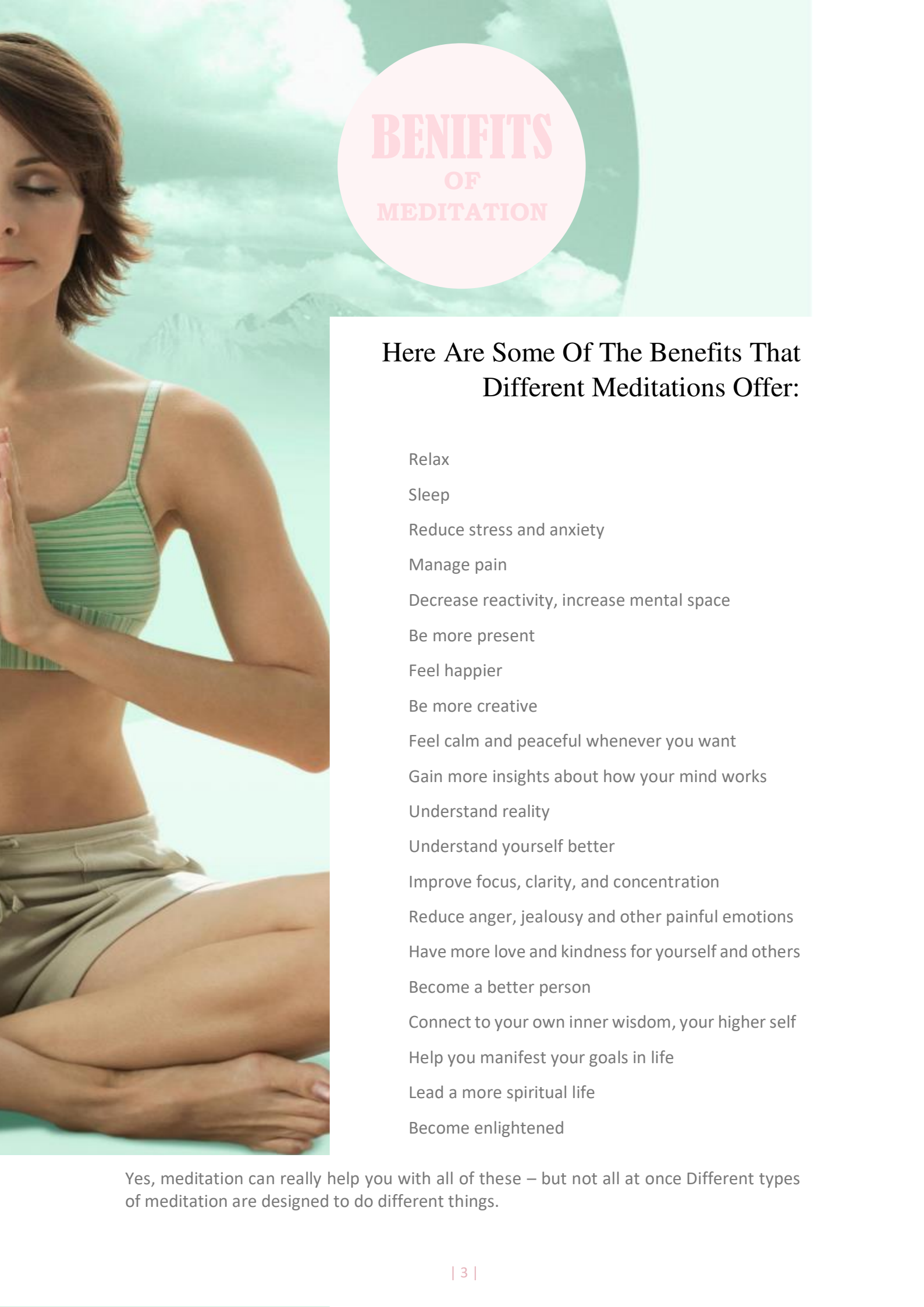
1 | NOTE FROM THE AUTHOR

Meditation has been around for thousands of years and its astounding number of benefits have really stood the test of time. You may be thinking you'd like to try meditation for yourself.

I have been interested in meditation since my teens but for a very long time I didn't really understand what it meant or how to do it. People just tell you to meditate like it's obvious and you should know how to do it. But I didn't!

When I looked into it I found so many explanations – but they were often quite woolly and unclear. In addition, I found people use so many different techniques, and some seemed contradictory. Like, are you meant to have no thoughts while meditating, or just be aware and mindful of your thoughts?

Over the years I found out that this is because there are many different types of meditation to suit different kinds of people with different kinds of mental dispositions. And these different types of meditation achieve different kinds of results. Basically, one size does not fit all.

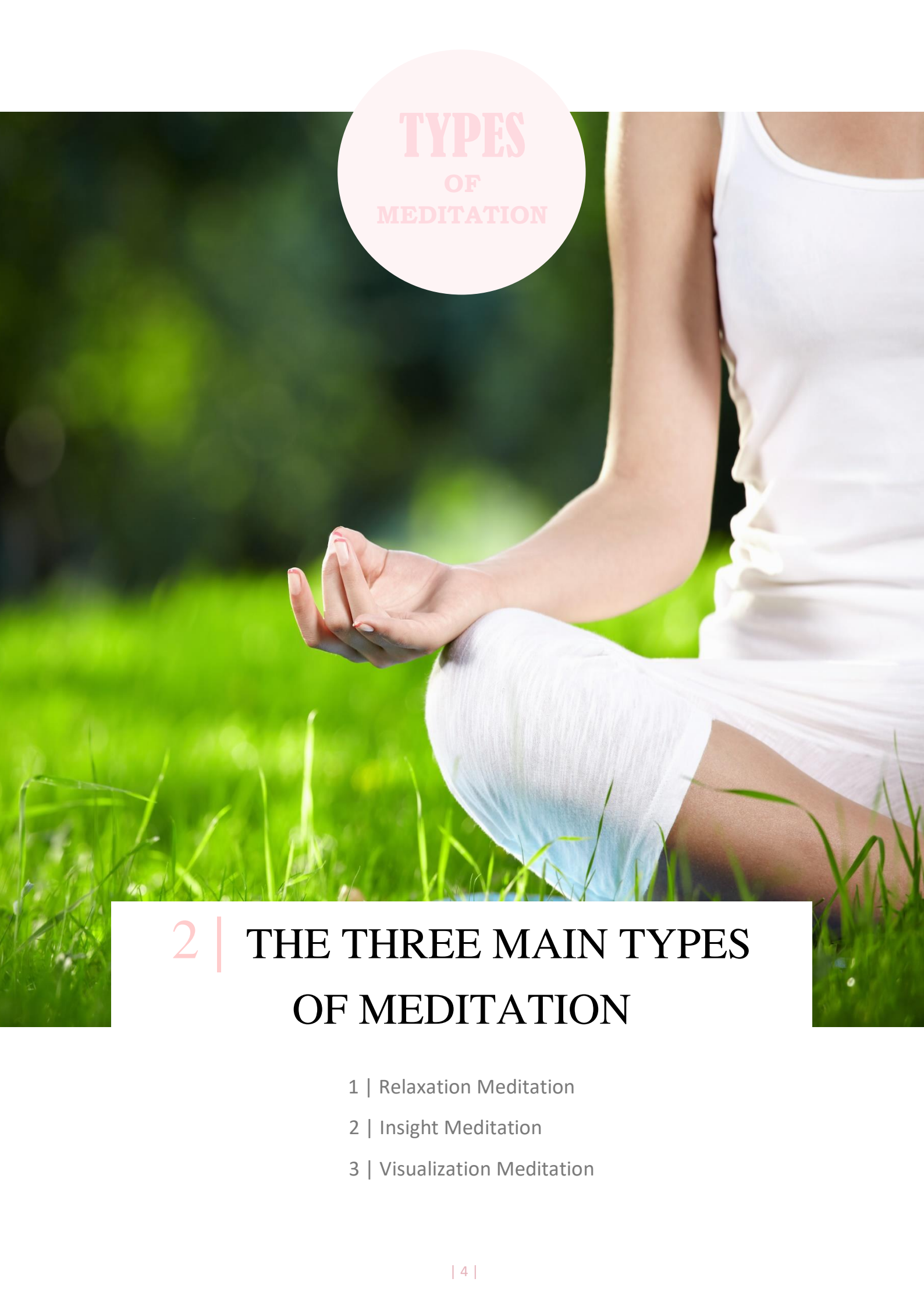


BENIFITS OF MEDITATION

Here Are Some Of The Benefits That Different Meditations Offer:

- Relax
- Sleep
- Reduce stress and anxiety
- Manage pain
- Decrease reactivity, increase mental space
- Be more present
- Feel happier
- Be more creative
- Feel calm and peaceful whenever you want
- Gain more insights about how your mind works
- Understand reality
- Understand yourself better
- Improve focus, clarity, and concentration
- Reduce anger, jealousy and other painful emotions
- Have more love and kindness for yourself and others
- Become a better person
- Connect to your own inner wisdom, your higher self
- Help you manifest your goals in life
- Lead a more spiritual life
- Become enlightened

Yes, meditation can really help you with all of these – but not all at once Different types of meditation are designed to do different things.



TYPES OF MEDITATION

2 | THE THREE MAIN TYPES OF MEDITATION

- 1 | Relaxation Meditation
- 2 | Insight Meditation
- 3 | Visualization Meditation



TYPE ONE RELAXATION

3 | RELAXATION MEDITATION

What:

Meditation that reduce stress and anxiety, make you feel calm and peaceful.

Benefits:

- Relax
- Sleep
- Reduce stress and anxiety
- Manage pain
- Feel calm and peaceful whenever you want
- Improve memory, focus, clarity, and concentration

How to practice:

- Breathing Meditation
- Sleep Meditation
- Body Scan
- Gazing Meditation
- Walking Meditation



PRACTICE RELAXATION MEDITATION

Breathing Meditation

Meditation means focusing on a single thing. In this type of meditation the focus is on the breath. A simple focus on the in and out breath, either at the nose or the chest or belly.

Benefits: A feeling of relaxation and peace. Calms the mind and thoughts. Simple to do, needs no special set up or props, can be done anywhere, any time.

5 Minutes Guided Breathing Meditation

Sit with your spine straight, take three deep breaths and relax as you breathe out. Sit up straight but be comfortable. Become aware of your breath. Breathe naturally, just pay attention to how your breath is right now. Is it fast, slow, deep, or shallow? Is the out-breath as long as the in-breath? No need to judge or change anything. Just observe what is. When your mind wanders – as it will – gently bring it back to observing the breath. Just the breath. Nothing but the breath. Let go of everything else. Give yourself permission for a 5 minute time-out.

Focus on the sensations at your nostrils. Feel how the breath enters the nose. Then exits the nose. Is there a difference in temperature? Become aware of the gap between the in and the out breath. And between the out and the in breath. Are they the same? Change the focus to your chest or your belly as it gently rises and falls with the breath. Do you prefer to observe the breath here or at the nose?

Know that your mind will get distracted – this is completely normal. Simply bring it back to the breath. You might try counting the breath which can help keep your attention for longer. See if it works for you. Notice how your mind calms down as you focus on the rhythm and simplicity of the breath. Enjoy a few minutes where there's nothing else to do. Then slowly start to move your fingers, wriggle your toes, gently open your eyes and come back to the room you're in. Tell yourself "Well done" for doing the meditation. Journal if you feel like it.



PRACTICE RELAXATION MEDITATION

Sleep Meditation

Consciously quiet the mind, letting go of worry and overthinking, and deeply relax the body, while lying in bed.

Benefits: Falling asleep more quickly, staying asleep throughout the night, having a deeper and more restful sleep.

10-20 Minutes Guided Sleep Meditation:

Lay down with your spine straight. Make yourself comfortable. Take a deep breath and as you breathe out let go of any tension in your body. Scan the body from head to toe and let any tension drain out, consciously relaxing each area. You've made it through the day and now the time has come to take a well-deserved rest. There is nothing left to do but to relax and let go.

Take another deep breath, breathe out with a sigh, and relax even more. Pay attention to the jaw, the face, the shoulders, any areas that might still hold any tension and let go. Feel wherever the body is making contact with the bed. Sink down further into the bed. Set your intention: "I now let go of the day and drift off into a deep restful sleep. I will stay asleep throughout the night. Tomorrow I will wake up after a long deep sleep feeling well and rested." Think this to yourself three times. This can really help tell your subconscious mind what you want it to do. If your mind is full of worry or busy thoughts do the breathing meditation above or the body scan meditation below.

If you need further practices to calm the mind then retrace your day, in detail, action-by-action. Start with when you woke up. Remember if you got up straight away or pressed the snooze button on your alarm several times. Remember how you had a shower, got dressed, had breakfast. Keep going through your entire day, remembering all the actions you took. This is a great way to give your busy mind something to do that will automatically lead it to calm down. If you manage to arrive at the evening activities up to the present moment, do another body scan, relax all of your body, and then start to count the breaths, starting from 100 all the way down to 1. End the meditation by falling asleep.

PRACTICE

RELAXATION MEDITATION

Body Scan

Focusing on different areas of the body one by one and becoming aware of how each body part feels right now

Benefits: Gets you out of your head and into your body. Reduces overthinking and brings the mind and body together in the here and now. Improves a sense of well-being, decreases physical discomfort and pain, and reduces stress levels.



5-15 Minutes Guided Body Scan

You can do this meditation laying down, sitting or even standing. Just have your spine straight. Start by bringing your awareness to your feet. What sensations are there? Hot, cold, tingling? Can you feel the floor? Your shoes? How does that feel? Just be present and simply notice the sensations without judgment.

Then consciously relax your feet. And if you want you can send them gratitude for everything they do for you – they carry you all day long, after all. Then move on to your legs and see what sensations are present there. Do they touch each other, do they touch your clothing? Is there heat or cold or pain? If you can't feel any sensation, just be aware of the absence of sensation. Simply become aware of what is. Slowly move up your entire body. End each section by consciously relaxing that part of the body and sending it gratitude if you want to. Whenever your mind gets distracted (as it will – this is normal) simply notice this and gently bring it back to the object of meditation. Instead of doing the scan from your feet to the top of your head you can also decide to do it in random order. Or stick to just one area. You can also include your bones, skin, internal organs, digestion, etc. There are no right or wrong ways of doing this. Just be present, as best you can.

Whenever the mind gets distracted gently bring it back to the body part you're scanning. When you've finished your scan take note of how you're feeling in your body and mind. Then slowly start to move your fingers, wriggle your toes, gently open your eyes and come back to the room you're in. Tell yourself "Well done" for doing the meditation. Journal if you feel like it.



PRACTICE RELAXATION MEDITATION

Gazing Meditation

Gazing at a single object like the flame of a candle.

Benefits: Stills the mind as you still the eyes. Relaxing and calming. Improves focus, attention span, memory. Helps learn visualization skills.

5 Minutes Guided Gazing Meditation

Put a candle at about an arm's length in front of you at eye level (e.g. on a table; not on the floor or lower than you). The room should be dim and draft free so that the flame is still. Sit with your spine straight, take three deep breaths and relax as you breathe out. Sit up straight but be comfortable. Now gaze at the flame. Relax your eyes. Try not to blink and not let your eyes move from the center of the flame, just above the wick.

When your mind wanders or thoughts come just notice this, let them go, and gently bring your awareness back to the flame. When your eyes are tired close them and gaze at the afterimage of the flame in your mind if you can see it. When you're ready open your eyes and go for another round.

After about 5 minutes end the meditation by slowly starting to move your fingers, wriggle your toes, maybe sway your body side to side, and come back to the whole room you're in. Notice how you feel. Tell yourself "Well done" for doing the meditation. Journal if you feel like it.



PRACTICE RELAXATION MEDITATION

Walking Meditation

Walking consciously with full awareness of your movements and your body.

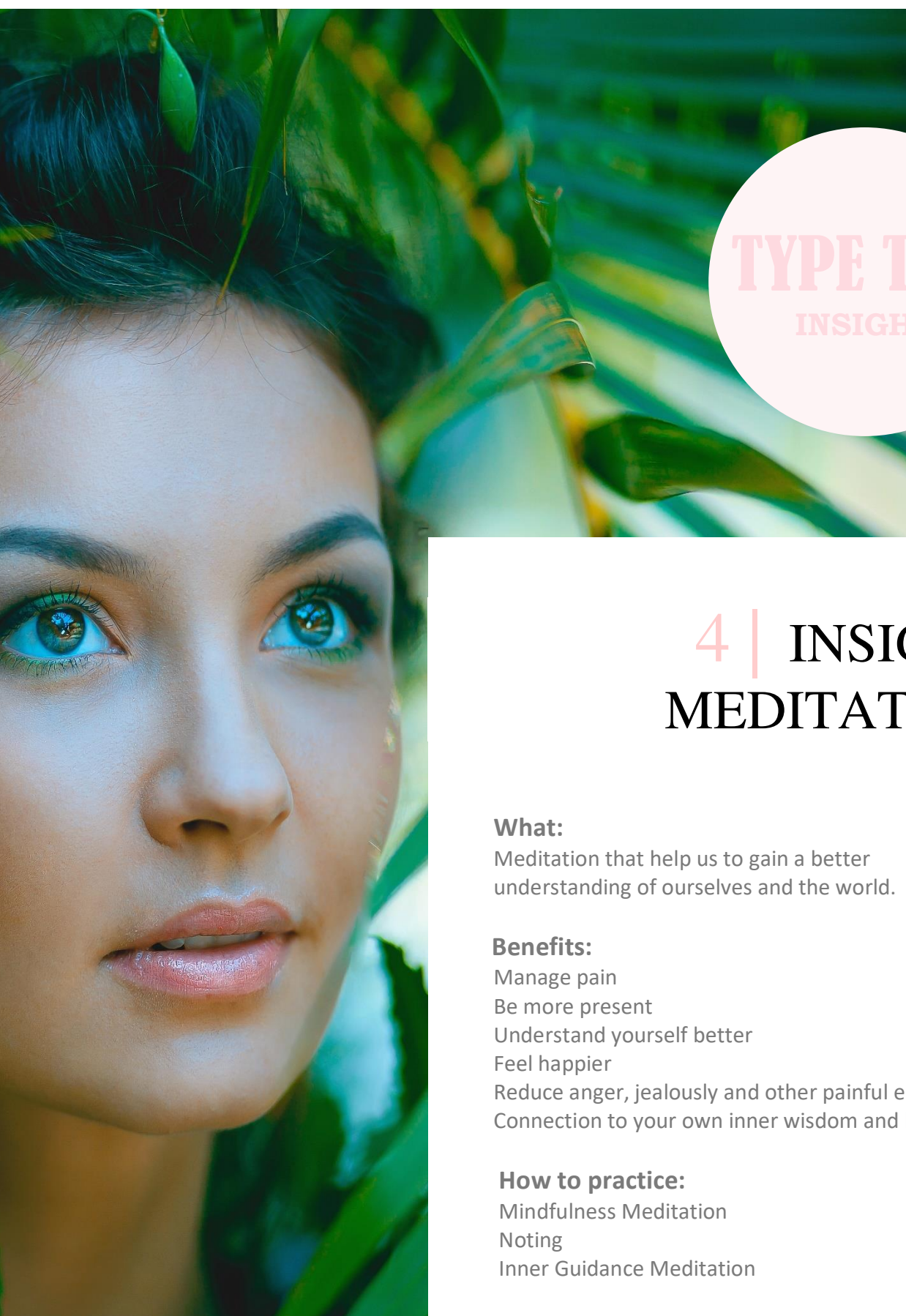
Benefits: Syncing the mind and the body, being fully in the present moment. Can be incorporated into any walk so you don't need to make extra time to meditate.

10 Minutes Guided Walking Meditation

Walk normally but perhaps more slowly than usual. Bring your awareness to your feet and really become conscious of what it feels like to walk. The lifting of the leg. What sensations are in the foot as you place it on the ground? Does the foot turn in or out? When does the weight shift from one leg to the other? Is there a different quality to each step? Bring your awareness to your arms. Are both of them hanging or swinging in equal measures alongside your body? Does one feel freer than the other? Expand your awareness to the whole of your body. Are you holding tension in the shoulders? Clenching your jaw? Tilting your head? Do you feel warm or cold? Which parts?

Just notice how the body is, right here and now, without judgements. Expand your awareness further to incorporate your environment. Become aware of what there is to see around you. Trees, cars, passing people. The sky. What sounds there are to hear. What smells. There's no need to think about or dwell on any of these. Just acknowledge what is there and then let go. Whenever your mind wanders to the past or the future bring it back to be where your body is right now.

To finish off, notice three things on your walk that make you happy. Maybe birdsong, or a child's laugh, the fresh air or the architecture, or two lovers strolling ahead of you, hand in hand. Become aware of these and let them lift your spirits.



4 | INSIGHT MEDITATION

What:

Meditation that help us to gain a better understanding of ourselves and the world.

Benefits:

Manage pain
Be more present
Understand yourself better
Feel happier
Reduce anger, jealousy and other painful emotions
Connection to your own inner wisdom and higher self

How to practice:

Mindfulness Meditation
Noting
Inner Guidance Meditation



PRACTICE INSIGHT MEDITATION

Mindfulness Meditation

Meditation means focusing on a single thing. In mindfulness meditation we focus on the present moment. Specifically, our experiences (like our emotions, thoughts, and sensations), whatever makes up the present moment.

Benefits: Mindfulness meditation can be done anywhere by consciously focusing on any of our actions (or our environment). It greatly enhances the experience of that action, lets us be fully present in our environment and trains us to sustain attention. No special time or set up or posture needed so mindfulness meditation can be done anywhere, any time.

5-10 Minutes Guided Mindfulness Meditation

Become aware of the sensations in your body. Where is your body touching? Feel your feet on the ground. Your bottom on the seat. Feel your arms touching the sides of your body, your hands in your lap or on your legs. Become aware of your whole body. Which parts are cold, which warm? Is there any tingling, or any discomfort anywhere? Can you feel any parts of your body that are comfortable and not in pain? Observe the rhythm of your breathing. Feel the air flowing in and out, your chest and belly rising and falling.

Now become aware of your emotions. Are you feeling calm, bored, anxious, curious? What other emotions are there? Impatience, disappointment, elation, love loathing, craving? Just notice without judgment. You don't need to change anything. Just become aware. Become aware of your thoughts. Don't engage with them, don't follow them. Just observe as they arise and then let them go.

Like a cloud drifting through a deep blue sky, your mind is vast space and thoughts are just drifting through. They subside as you let them go. Gradually there will be more space between your thoughts.

If you want to go further you can include your environment in this meditation: Become aware of any noise in your room. Maybe there's a clock ticking. Traffic noise outside. Dogs barking, kids playing, people in other parts of the house. Just notice shapes, colors, textures. Become aware of your environment without self-talk in your mind about what you see. No labelling, no judgments. If any thought arises just notice this and let them go. Allow everything to be, inside and outside of you, but don't engage.

Just observe. Just sit in peace, calmly paying attention. After 5-10 minutes slowly start to move your fingers, wriggle your toes, maybe sway your body side to side. Notice how you feel, tell yourself "well done" for doing the meditation. Journal if you feel like it.

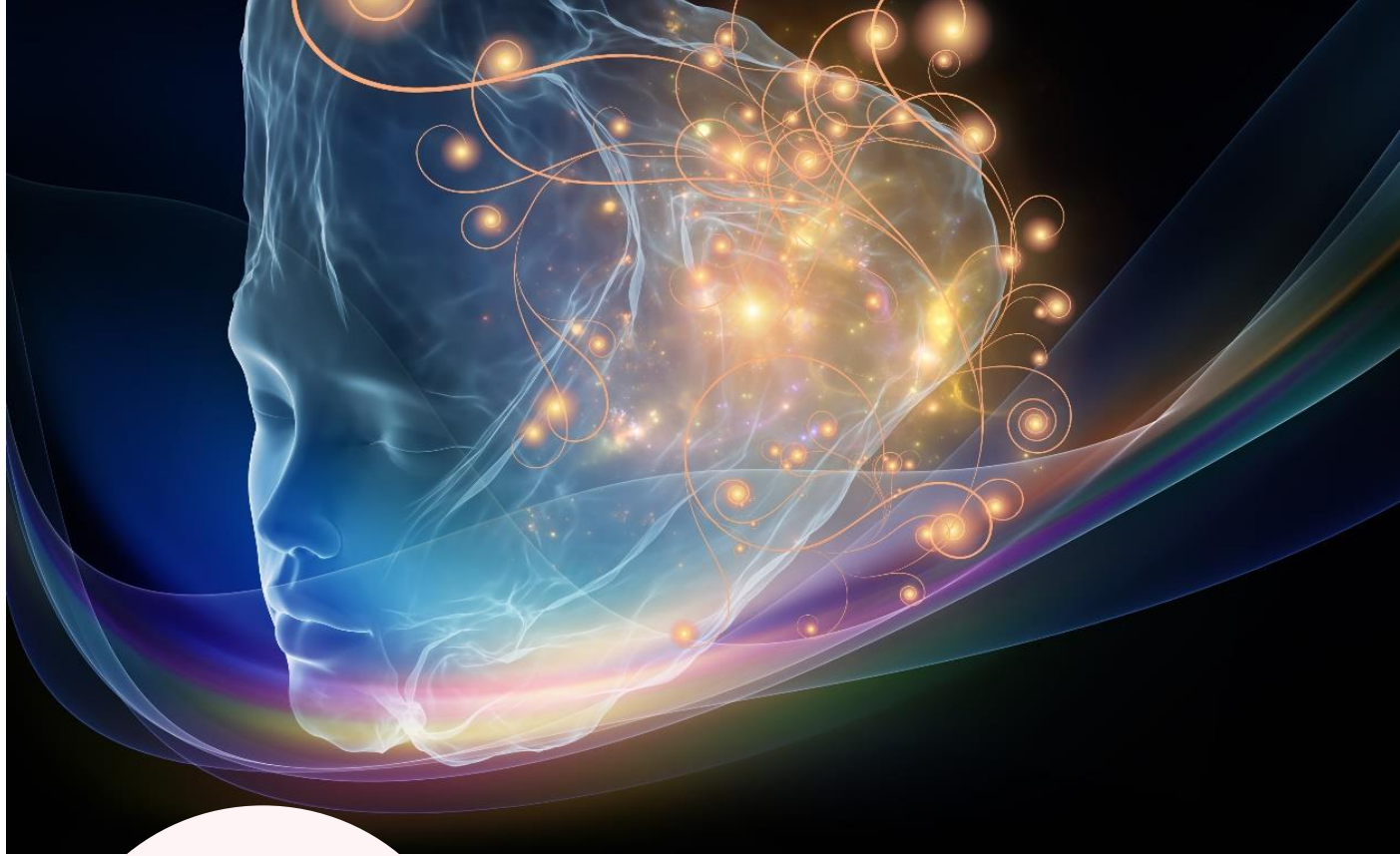
Practice Mindfulness in Everyday Life

Mindfulness meditation is very easy to incorporate into your everyday life. You don't need to stop what you're doing. Just slow it down and bring your full awareness to what you're feeling in your body right now. Then become aware of your emotions and thoughts. Observe, become fully present of yourself in your environment. What can you, smell, hear? If you're touching anything what does it actually feel like?



Eating Mindfully

Eating mindfully can bring an enormous amount of pleasure. Just take a forkful of food or one piece of chocolate. First look at it, see the texture and colors. Smell it, take in the aroma. Then put it on your tongue, feel the sensations. Hot, cold, gooey? Slowly start to chew. Notice all the flavors and textures. Swallow and notice the sensations. Is there any further taste as the food goes down? That one forkful of food or one piece of chocolate might well be the best you've ever had simply due to tasting it with your full awareness.



PRACTICE

INSIGHT MEDITATION

Noting Meditation

We calmly notice and name what we are experiencing, particularly where the mind goes when we are distracted.

Benefits: Helps us recognize our mental habits and tendencies, our patterns and conditioning. Noting acknowledges and incorporates the fact that our mind wanders off when we meditate. Rather than distractions being unwanted we make use of them.

10 Minutes Guided Noting Meditation

Sit with your spine straight, take three deep breaths and relax as you breathe out. Sit up straight but be comfortable. You might want to close your eyes if this helps you to feel calm and focused. Or leave them open, as you prefer. Breathe naturally and become aware of your breath. Feel the in breath at the tip of the nose. Notice when the in breath turns into the out breath. Feel the out breath exiting the nose. Is there a difference in temperature to the in breath? How long is the pause between the out and the in breath? Is your breath deep or shallow?

Just observe your natural breath as it is, here and now. At some point the mind will wander away from the breath. It might go to an external sound or a painful sensation in your body. Most likely you will engage in thoughts. This is normal. The moment you realize that your awareness got carried away briefly make a mental note of what this was and give it a general name.

It could be 'planning', 'worrying', 'fantasizing', 'remembering', 'wanting', 'resisting', 'judging'...If there was a strong emotion notice this and label it. 'Happiness', 'sadness', 'excitement', 'fear', 'jealousy', 'anger', 'anxiety', 'worry'...

Then let the thought go, or let that feeling go, and return to the breath. Labelling the distraction will create some space in the mind and will help with letting go. It also lets us become aware of where our mind goes when we're not paying attention. It can help us realize what is actually going on in the mind and acknowledge how we're really feeling.

Noting helps us be mindful by recognizing our experiences in the here and now without judgement. Noting also lets us recognize our own subconscious habits and tendencies.

We might be surprised at how many times 'feeling anxious' or 'fantasizing' or 'judging' comes up in the mind. These areas are often where our subconscious mind "lives".

These thoughts and emotions run our attitudes which in turn determine our actions. Becoming aware of where our mind goes when we're distracted is the first step to consciously deciding where we want to direct our mind.



After 5-10 minutes end the meditation by slowly starting to move your fingers, wriggle your toes, maybe sway your body side to side, gently open your eyes and come back to the room you are in. Notice how you feel. Tell yourself "Well done" for doing the meditation. Journal if you feel like it.



PRACTICE

INSIGHT MEDITATION

Inner Guidance Meditation

Connecting with your higher self, your intuition, the divine, or your guides to gain insights and advice.

Benefits: Helps us to access our own inner wisdom, gain clarity and receive the answers and advice we need. Realigns our soul to our path.

15 Minutes Inner Guidance Meditation

Sit or lay down. Be comfortable with your spine straight. Take three deep breaths and consciously relax as you breathe out, letting any tension drain away. Close your eyes. Think about a question or a problem you would like help with. Where are you stuck, what do you need? It can be anything at all. There's no judgement, no "should" or "shouldn't". No ask is too big or small. No ask is off limits. Now move your attention to your energetic heart center in the middle of your chest. Imagine a ball of beautiful golden light. The light is warm and inviting. Feel the glow and the warmth.

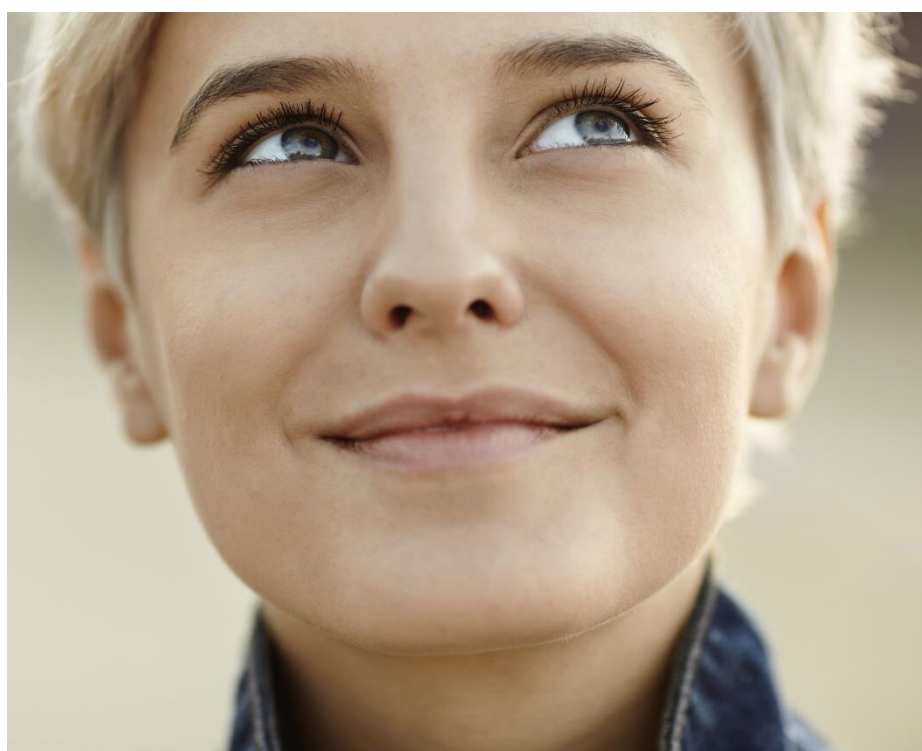
Now the ball of light slowly and steadily opens. Light spills out as if opening its arms, inviting you inside. You happily enter and find yourself inside the beautiful sphere filled with golden light. It feels warm, and safe. Wondrous and also familiar. This is simply a deep, calm space inside yourself. Right at the centre you see a flower mandala, a circle filled with flowers in beautiful patterns and colors. At the head of the circle sits a being. An energy radiates from them. It could be your Higher Self. If this doesn't feel right at this moment, here are some more suggestions. See which one you can see sitting there. A Healer a Sage a Monk a Shaman a Native Indian Chief The archetype of the King the Warrior The archetype of the Mother the Wise Woman Archangel Michael.

Your guardian spirit Jesus Mary Magdalene Buddha the Dalai Lama Source the Universe. All these always avail themselves on an energetic level to guide us and give advice whenever we seek it. All we need is ask. Leave all judgements and doubts behind and settle on one you feel drawn to. Go with your instinct and gut feeling. Any choice you make is allowed. Any choice you make is the right one for here and now.

Who can you see sitting in the sphere of light at your heart? They are themselves but they are also a version of yourself. It's just that in them your wisdom, peace and calm, your power and clarity is no longer buried but right at the centre of your being. They smile at you and radiate a feeling of welcome, so happy to see you. Notice what they might look like. If you get an image become aware of some of the details, like their hair or their clothes or the color of light they might be radiating.

If you don't get any images that is fine. Trust they are there because these beings always show up whenever we call them, whether we can see them or not. Maybe you can feel a general sense of their presence.

They beckon you to go to them now and if it feels right imagine they embrace you in an all-encompassing hug. Just let go and allow yourself to be completely held. A deep peace comes over you.



Or if you prefer you can simply bathe in their light which flows all around and fills the sphere, filling you with peace. You feel a deep sense of acceptance, of being known and loved.

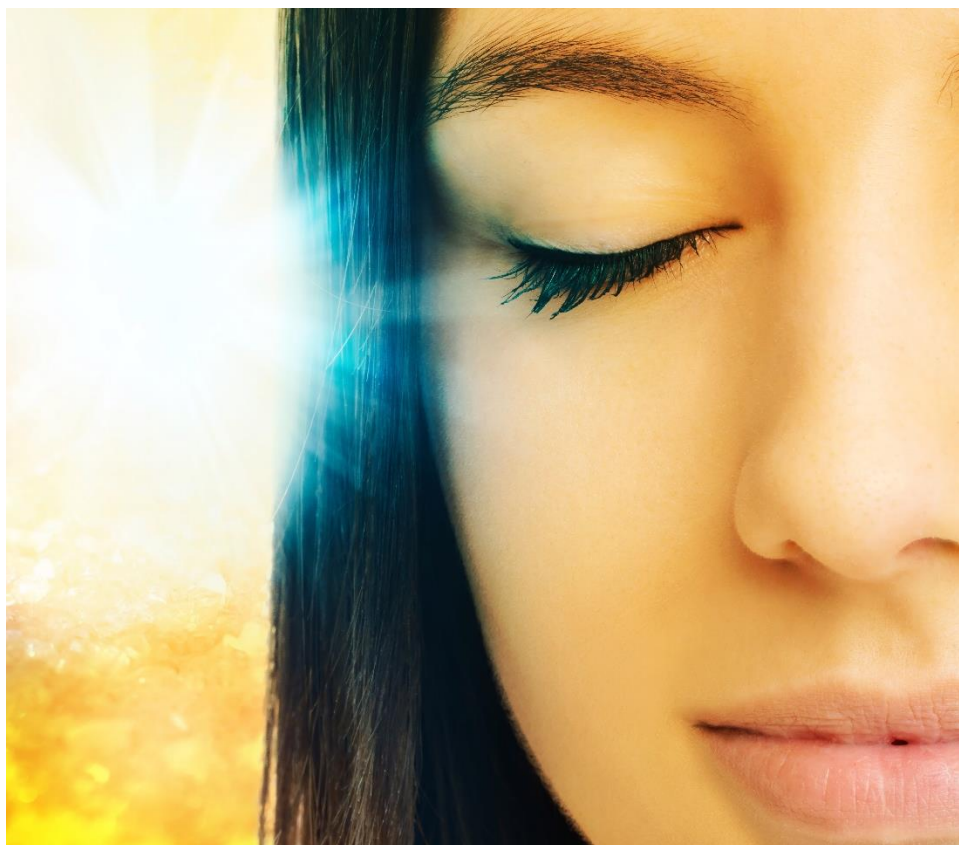
When the time feels right you may both sit down. You may sit next to each other, looking in each other's eyes. Or there is a simply a feeling of closeness and trust. Tell them that you would like their help and ask them your question. They understand. Just breathe and feel your heart open wider to receive. You listen to their advice. This might come to you in the form of a word or a sentence, or an image or a feeling.

Pay attention to anything that may come up in your mind, however small or illogical or seemingly insignificant. There is no judgment. You may both still be learning how to communicate with each other. Take your time and keep asking your question. Let it clarify. They might speak to you or take you somewhere in your mind. They may show you something you have been avoiding or overlooking. Or something they want you to remember. Something that it is time to let go of. You can ask them what they want you to know. You both breathe in unison and you feel clarity coming to you.

It may not be the answer that you expected. It may not be an easy piece of advice. But there will be a sense of knowing that this is the right thing to do.

The right next step. For now, you acknowledge that you have heard them.

There is an understanding between you. Even if their advice is difficult to hear you know they will support you in implementing it. Thank them for seeing you and being there.



They are so happy that you have come to them for advice. They want the best possible life for you but because you have free will you need to ask for their help. If you ask they will look out for you, protect you, help you grow and fulfil your life's purpose. You both know that it is time to leave now. You might hug or bow or wave.

In your mind, offer them gratitude. They tell you that you can come back here any time for more love, acceptance, wisdom and advice. You are always welcome here. The sphere of light at your heart now opens and you step out, feeling well and happy. Take a deep breath. Come back to your body and to the room you're in. Maybe have a little stretch and slowly open your eyes. You might want to journal about your experience and the advice you've received. Also know that further insights can still come to you for some time after the meditation. Know that you can call upon your inner guidance any time and ask for their support in implementing the advice you have received.



TYPE THREE VISUALIZATION

5 | VISUALIZATION MEDITATION

What:

Meditation that use intentional thought and mental imagery to achieve positive outcomes.

Benefits:

Manifest the life you want

Be more creative

Have more love and kindness for yourself and others

Feel happy

Connect to your own inner wisdom and your higher self

Lead a more spiritual life.

How to practice:

Meditation On a Word

Loving Kindness Meditation

Mantra Meditation

Visualization Meditation



PRACTICE VISUALIZATION MEDITATION

Meditation on a Word

Focusing on a single word or short phrase that encompasses a quality you desire.

Benefits: Very simple and easy to do. Can be done in short gaps throughout the day, for example while waiting for a lift or in line, at a traffic light, or on the phone.

1 Minute Guided Meditation on a Word

This can be done “formally” while sitting down, for longer periods – as long as feels good. But this meditation can also be done as a “pattern interrupter”, a quick ‘ping’ throughout the day to return to a quality you want to cultivate.

Choose a go-to word you use on a regular basis. This could be Love, or I am love, or I am loved. It could be Joy, Free, Yes, All Is Well, Calm, Peace, Focus, Awareness, Courage, Healing, Light, Abundance, Ease, Let Go, OM or any other short phrase or single word that speaks to you.

Whenever you remember throughout the day, say the word to yourself on an in breath, and on the out breath let it sink into your body. Do this three times. Choose a positive word or short phrase and make sure there aren’t any words like “not” or “no” or similar in it (e.g. don’t use “I no longer feel pain” or “I have nothing to worry about”. Instead, phrase them positively: I am healed. I am safe.)



PRACTICE VISUALIZATION MEDITATION

Loving Kindness Meditation

Developing an unconditional, inclusive love for our self and others.

Benefits: Can help with reducing anger, jealousy and other painful emotions, conflicts at work or in relationships, having more love and kindness for our self and others, becoming a better person.

10 Minutes Guided Loving Kindness Meditation

As you breathe in visualize breathing in a warm golden light. The light enters through the nose and then flows up and down your body, spreading to all parts, filling your entire body and mind. Feel this light lift your mood and warm your heart. It eradicates your struggles and pains. It fills you with love and kindness and positivity. Do this for a few in breaths.

Then as you breathe out you send this warm golden light to other people. First choose someone you're close to, someone you love. Send them this warm golden light and visualize it filling their body and mind. It lifts them up and warms their heart. It puts them in a good mood and eradicates their struggles and pains. Breathe in and feel the warm golden light doing the same for you again. The light flows to every part of you, nourishing you, healing you, bringing you what you need. Let yourself be fully absorbed in that light. Then send the light to someone you love once again with our breath. Do this for a few in and out breaths.

Breathe in and feel yourself filled with this warm golden light. So much so it overflows and surrounds you, bathing you in it. Breathe out and this time send the light to a stranger. The woman who lives at the end of your street, the guy in front of you at the supermarket queue, someone you were passing on the escalator, saw in the metro. You don't know them but you know they all have pains and struggles, simply because they're human.

Send them light, see how the light fills their body and mind, heals them, helps them overcome their difficulties. Do this for a few in and out breaths. The next time you breathe in the light for yourself feel how it connects you with your higher self, makes you wiser, kinder. The warm golden light fills every part of your body and mind. A feeling of being whole, of being nourished and healed and complete. There so much light flowing through and around you that you glow with light.

Breathe out and send the light to something you dislike. The guy with the annoying laugh at work, your boss who doesn't listen, your teacher who was unfair, your ex who broke your heart. They all have struggles, they lack kindness and wisdom, which is why they behave the way they do. Send them light. Warm golden light, see in your mind's eye how it heals them, how it gives them what is lacking in their life, nourishes them and makes them whole. How they become better, kinder people.

Breathe in the light for yourself again. Feel how it increases all your positive qualities, how it connects you to the divine, to source. Bathe in it, radiate it.

Allow yourself to feel happy, joyful, content. Keep breathing in light for you, breathing out light for others. Focus more on the in breath or the out breath as needed.



After 5-10 minutes bring the visualization to a close. Slowly start to move your fingers, wriggle your toes, maybe sway your body side to side, gently open your eyes and come back to the room you're in. Notice how you feel. Tell yourself "Well done" for doing the meditation. Journal if you feel like it. This meditation can really help you have more loving-kindness for yourself and for others. This can bring more peace and inner joy which can pave the way to connect you to your own inner wisdom.

PRACTICE VISUALIZATION MEDITATION

Mantra Meditation

Repeating a mantra (usually sacred Sanskrit words), mostly by quiet chanting/singing but can also be done mentally.



Benefits: Calming and elevating at the same time. Over time activates and strengthens the quality expressed in the mantra in us, e.g. compassion, purification, or union with the divine. Works with the fact that sound, rhythm, and speech have profound effects on our body, thoughts, and emotions. Also gives the mind “more to do” so you might get less distracted.

10 Minutes Guided Mantra Meditation

Choose a mantra that speaks to you or calls you. It’s fine if you don’t know the reason why, be guided by your intuition. Here is a basic selection for beginners. *(Sanskrit words have very deeply layered meanings so an accurate translation in English is not possible but I have tried to indicate the overall sentiment or fundamental meaning in brackets.)*

- Om (all encompassing, the essence of ultimate reality, unifying with the divine self)
- Om Shanti Shanti Shanti (Peace)
- Om Mani Peme Hum (Compassion)
- Om Tare Tuttare Ture Soha (the female principle, liberation, enlightened action)
- Sat Nam (“I am truth,” or “Truth is my essence.”)

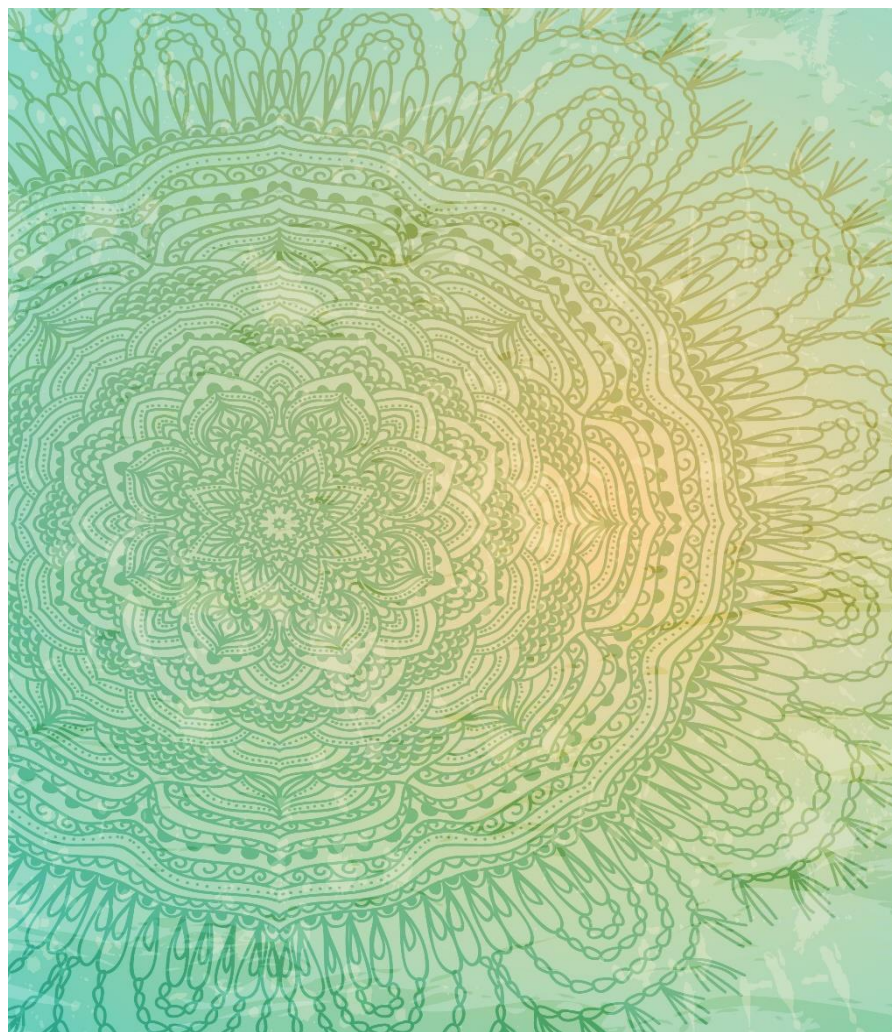
Do a quick search to find the ideal melody that is suggested for your mantra. Because mantras work with sound and vibration it’s important to get the melody and the pronunciation right. Sit comfortably with your spine straight, either on the floor on a cushion, or on a chair is perfectly fine too. Take three deep breaths and consciously relax as you breathe out, letting any tension drain away.

Close your eyes. Begin to chant/sing the mantra quietly and calmly to yourself. Put your complete attention on it. Vary the speed so that the mind doesn't wander off but can (mostly) keep focusing on the mantra. (When the mind does wander off just notice this and gently bring it back to the mantra.)

Experiment synchronizing the mantra with the in and out breath which can further help to keep the mind on the object of meditation. If your mind is very busy and keeps being distracted chanting a bit more loudly can also help.

After chanting the mantra for about 5-10 minutes stop and take a moment to just observe how you're feeling in your body and mind.

Then slowly end the meditation by starting to move your fingers, wriggle your toes, maybe sway your body side to side, gently open your eyes and come back to the room you're in. Tell yourself "Well done" for doing the meditation. Journal if you feel like it



If you're not sure which mantra to choose try one for a few days, then perhaps try another until you find one that gives you the kind of energy and feeling you're looking for. Then stick with practicing this mantra for a longer period of time. Instead of chanting by yourself you can also chant along with a recording.



PRACTICE VISUALIZATION MEDITATION

Visualization Meditation

Using visualizations to heal, achieve goals, personal growth, connect to the divine.

Benefits: Helps us heal, manifest our goals, lead a more spiritual life, fulfil our potential, even become enlightened.

15 Minutes Guided Visual Meditation

Visualization meditations can all be quite different depending on the end goal (and the teacher). As just one example, I will guide you on a journey to healing your body and mind. Sit or lay down. Rest comfortably, with your spine straight. Take three deep breaths and consciously relax as you breathe out, letting any tension drain away. Close your eyes. Imagine in the distance a globe of pure light, glinting and dazzling. You sense the immense energy within this light. It is a universal light of beautiful calming healing energy. An energy that can create and restore, purify and uplift with its pure love. You feel very drawn to it and travel towards it.

As you come closer the energy and splendour of this universal light makes your own light inside your heart centre come alive. Deep within the calm sacred soul space inside yourself, your own inner light now starts to dance. See what colour it is. Is it bright and dazzling? Is it a warm glow?

The closer you travel towards the globe of pure universal light the brighter your own light becomes. It is as if you are both stretching out your arms and suddenly you are inside the globe of pure light and the pure light is inside of you. The pure light swirls inside of you and you realize you have the power to direct it wherever you need it in your body.

Guide it to a specific area that needs healing. Feel it flow all around it, caressing it, nurturing it, taking the pain away. What color is the light? Is it softly warming or gently cooling? Guide it from area to area and feel it cleanse, repair, restore, giving your body what it needs to breathe and come back to health. Stay engaged in the work that the light is doing in each cell of your body.

Now the light transforms into pure spirit, pure energy. It gently caresses your mind and spirit, and flows all through your energy body. Is there anything you're holding onto that no longer serves you? Check for tension, dis-ease, doubts, resistance, unhealthy beliefs. Hand them over now.



Let go. Let the energy pour through you, purify and heal you. And then lift and infuse you with immense joy. Stay here for as long as you like. You feel a transcendent peace. Rejuvenated, at one with the universe and your true self. When you're ready, the pure energy transforms back into pure light, and then gently separates from your own light at your heart centre.

Thank it, feeling gratitude. You step out of the globe of universal light but know that you're taking some of the universal energy with you in your calm sacred soul space. Take a deep breath. Then slowly start to move your fingers, wriggle your toes, maybe sway your body side to side, gently open your eyes and come back to the room you're in. Tell yourself "Well done" for doing the meditation. Journal if you feel like it.



6 | CONCLUSION

I hope this book has given you a good idea and bit of a “taste” of the different types of meditation, how to do them and what they are for. As a last word of advice, I would like to ask you not to get lost in technique. Meditation isn’t about theory or a mechanical application. It’s about practice and experience. Tune in and follow what feels right to you. Trust your intuition. If you find a practice you like I’d suggest finding a practice group in your area to go deeper. You can also practice with me online in [one-to-one private sessions](#).

One-to-One Meditation Sessions

I offer one-to-one guided meditation sessions, face to face (via skype/zoom). I believe that meditation, prayer, and spiritual support are essentials. And I want to live in a world where everybody has access to the essentials so for a limited time my personal guided meditation sessions are donation based. Pay what you wish. You can find more info and book [here](#). You might also like to go on a meditation vacation where you can get the support of a group of fellow students.

I love doing this and can highly recommend it. You can read my review of 3 Blissful Yoga and Meditation Retreats that I have personally tried [here](#). You have any other questions or comments I can be reached at spiritandtravel@gmail.com



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