

A Simple Meditation For Beginners

Contributed by Steve Gillman
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If you are intimidated by all the different ways to meditate, here is a simple meditation for beginners.

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A meditation for beginners doesn't have to be difficult. In fact it can be as simple as closing your eyes and taking a few deep breaths.

Now, you may have read that meditation is for relaxation. Others will say that relaxing is just an "extra" benefit, and that it is meant to make you more self aware, or give you greater peace of mind. Some "gurus" will even tell you that if you try to get anything from your meditation, you are approaching it wrong. Now that's a bit confusing, isn't it?

{bot_wrgoogle}Then there are the proponents of the various practices. You have to sit in the classic position, they might say. You need to focus on a thought or image or object. Others will say you have to clear your mind of any focus or thought. It's all just more confusion for a beginner investigating this.

Perhaps the truth is that there is something useful in all the different approaches. We could see a particular form of meditation as just a vehicle, which can relax you or perhaps enlighten you, like a car, which can take you to get groceries or to a dream vacation spot. And just as you can go places not only in a car, but using a plane, bicycle or on a horse, you can get where you're going with various forms of meditation.

In other words, don't worry about all the confusion. Just start with any meditation for beginners. Here is one you can try right now.

Simple and Short Meditation

1. Stand, sit or lay down (whichever is comfortable for you).
2. Close your eyes.
3. Allow the tension to drain from your body as much as possible.
4. Breath deeply through your nose, allowing your chest and abdomen to expand fully.
5. Pay attention to your breath, and when any thought intrudes (they will), just guide your attention back to your breath again and again.
6. Continue this for five minutes or more.

This should relax you and relieve stress. You might even notice that things look different when you open your eyes - a bit more real or clear. If this intrigues you, going further with your practice is not a bad idea. And if the process is difficult for some reason, you might even want to use a good meditation CD with brainwave entrainment technology. Just put on the headphones and listen. That makes meditation for beginners as easy as it gets.

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