MEDITATION

To deepen your mindfulness practice, try the simple meditation exercise below.

- If this is your first experience, set a timer for 5 minutes.
- Sit comfortably in a cross-legged position or on a chair with your back straight.
- Close your eyes and begin to focus your attention on your breath.
- Slowly breathe in and out.
- Notice any sensations in your body.
- Feel yourself relax with every in and out breath.
- If your mind wanders, observe any thoughts that arise without judging them.
- As thoughts float in and out of your consciousness, return your attention to your breath.
- Meditation is not something to achieve, it is something to practise.
- Any attempt at meditation is a successful meditation.
- Try to build up your practice slowly, increasing from 5 minutes to 15-20 minutes per day.