

# **Meditation – The Antidote for Stress**

## **Part 2: How Do I Begin a Meditation Practice?**

Most people who try meditation on their own ask the question, “Am I doing it right?” Following are some simple instructions to get you started with an effective meditation practice. Remember, everyone is different, and there is no “right” experience. Meditation is not an experience of “trying” but one of “letting go”. Whatever comes up for you will be the most appropriate experience for you and your physiology at that particular time. You should not compare your experiences in meditation with that of anyone else, nor should you have any particular expectation of what you will experience during meditation. Meditation is a process of letting go and observing without judgment. Rest easy, you cannot do meditation “wrong”, and the benefits may be immediate or cumulative. Stay with your practice and you are sure to get the benefits!

**Find a Quiet Place.** Find a quiet place where you can sit comfortably and will not be disturbed. Turn the phone off and put your pets in another room. If you sitting are in a chair uncross your arms and legs. Gently close your eyes and begin observing your breath as it gently flows in and out of your body. Do not attempt to change your breath even though you may notice it may speed up or slow down. As you begin to quiet down, observe your body. Beginning at the top of your head and moving down, see what you notice. Don’t judge anything, but only see what you notice. Soften your eyes and relax your jaw, if you notice any place in your body that feels tight or is holding onto tension, have the awareness and intention of sending your breath there and let it go on your next exhale. This process of quieting down may take just a few minutes as your body and mind settle into the meditation. You may then continue your meditation by either continuing to focus on your breath or by using the “So-Hum” mantra in which you silently repeat “So” as you inhale; and “Hum” as you exhale. If you notice your mind has drifted away from your breath or the mantra, gently return your attention to your breath/mantra. It is natural for thoughts to come up. Gently observe them without judging them in any way, let them go and return your attention to your breath or mantra. As your body relaxes and your thoughts slow down, notice there is a space between your thoughts. Allow your mind to be in that space, the gap between your thoughts. When a thought comes up, gently observe it, let it go and return your awareness to your breath or the “So-Hum” mantra. When it is time for you to end your meditation, stop repeating the mantra and simply sit quietly, continuing with your eyes closed for another 2-3 minutes. Open your eyes slowly when you are ready. Always take a few minutes to sit easily at the end of meditation before resuming activity.

**How often should you meditate?** To get the most benefits from meditation it is recommended that you meditate twice each day, in the morning and in the evening for 10-30 minutes per session. You should not judge the results of your meditation by the quality of your meditation experience, but by the quality of your experiences outside of meditation. You may notice these benefits immediately or it may take some time. It is

not unusual for the people around you to notice subtle changes before you do. Don't have any particular expectation of having any particular experience in meditation. Every meditation is different.

**What will I experience during Meditation?** You may ask what you may experience during meditation. There are a variety of experiences you may have during meditation. You may fall asleep if your body is tired. You may experience a lot of thoughts and restlessness during meditation. You may slip into the place between your thoughts into a place of peace and silence. Whatever experiences you have during meditation are the ones that are right for your physiology at that particular time. It is for this reason that we never judge any particular meditation as being a "good" or "bad" meditation. Trust the process and stay with it. From the first time you meditate your benefits will start to grow. If you meditate regularly you will accumulate the benefits at whatever speed and rate is appropriate for you. The benefits you will gain from meditation in your daily life will occur naturally and easily with no additional effort on your part. Just make time for your daily meditation practice and stay with the process.

*Kay Rice, M.Ed., C.N.*

Exercise Physiologist, Certified Nutrition Coach, Chopra Center Certified Instructor & Vedic Master  
Yoga Alliance E-RYT 200, Licensed Corporate Wellness Coach – [www.KayRice.com](http://www.KayRice.com)

Kay is a Primordial Sound Meditation Instructor & Vedic Master, certified by the Chopra Center for Well-Being. Primordial Sound Meditation is a mantra-based meditation process in which each individual receives a personal mantra based on their birth information. If you would like more information about meditation or Primordial Sound Meditation (PSM), please contact Kay at [kay@kayrice.com](mailto:kay@kayrice.com) or visit her website, [www.kayrice.com](http://www.kayrice.com).

This document was created with Win2PDF available at <http://www.win2pdf.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.  
This page will not be added after purchasing Win2PDF.