THE 5 STEPS OF MEDITATION

1 FIND YOUR SPACE

Seek out a quiet and undisturbed environment that allows you to retreat from external distractions and cultivate a sense of calm and serenity.

2 FIND YOUR POSE

Assume a comfortable position, such as sitting cross-legged or lying down, that allows you to be relaxed and alert.

3 FOCUS ON BREATH

Direct your attention to the sensation of your breath, observing each inhalation and exhalation without judgment.

4 ACKNOWLEDGE AND LET GO OF THOUGHTS

Notice any thoughts that arise during meditation, acknowledge them without getting attached, and gently let them go, returning your focus to the breath.

5 STAY CONSISTENT

Regularly engage in meditation practice to cultivate a habit and experience the cumulative benefits it can offer.

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D Keegan

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