

Ten Meditation Techniques For beginners

These short meditation techniques offer an excellent starting point for beginners, allowing you to cultivate mindfulness, relaxation, and inner peace in just a few minutes a day.



These practices can be done in a short amount of time! No difficult positions! Easy and fast to integrate into your daily life... They are dynamic and won't be noticed by others.

Suited for beginners. Each with a unique focus. They are helpful in cultivating different human qualities. It is an invitation to see meditation from a broader perspective. Quiet your mind, reduce the mental noise, and create space for clarity, in order to manage your control center more effectively.

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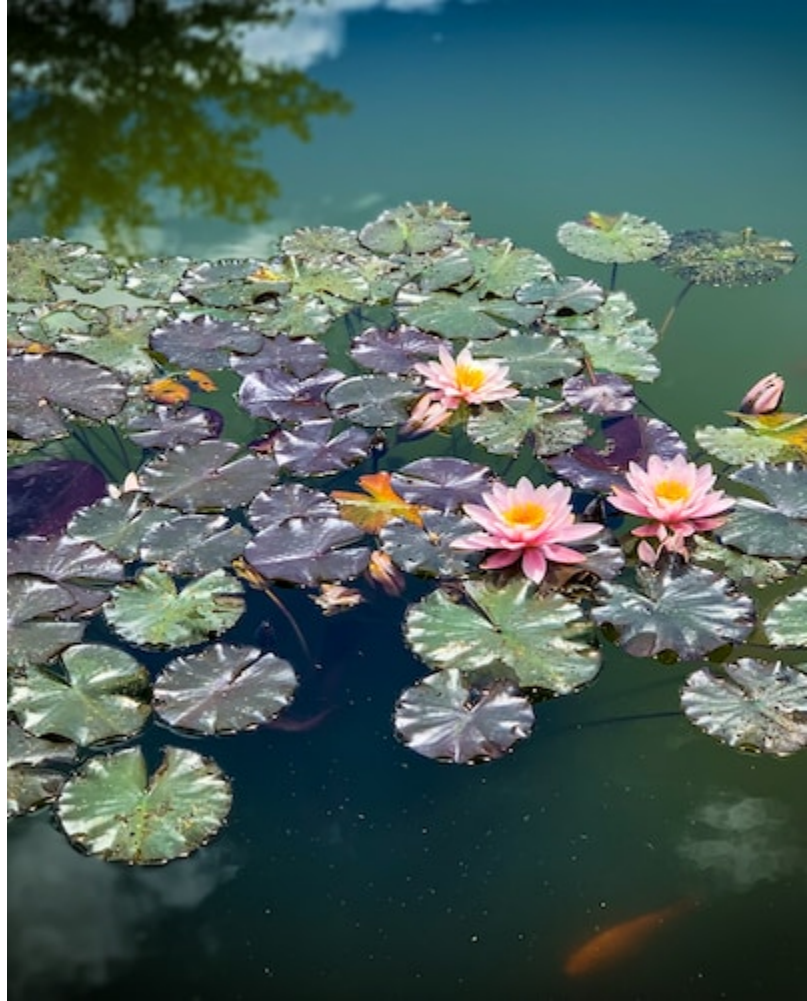
If you would just quiet your mind for about 10 to 15 minutes a day, you would be amazed by the results.

Some people need to practice 4 days, others need a bit longer. But you will reap the benefits.

Calm the mental chatter by directing your thoughts to a simple, neutral thing like the ceiling or a tree outside. By giving your brain this order, the mental noise will calm down.

Imagine poking with a stick in a muddy pool: to see the bottom of the pool, you need to stop moving the stick around. Naturally, clarity will arise: the water will clear.

Stop those running thoughts, not by controlling them but steering your machine in one direction.





Cultivate Resilience: Deep Breathing Meditation

Find a comfortable spot to stand or sit.
Close your eyes and take a deep breath in through your nose, counting to four.
Hold your breath for a count of four.
Exhale slowly through your mouth for a count of four.
Repeat this cycle for a few minutes, focusing only on your breath. Feel the tension melt away with each exhale.

Cultivate Relaxation : Body Scan Meditation

Stand or lie down comfortably.

Close your eyes and bring your attention to your toes. Slowly move your focus up through your body, one body part at a time, relaxing each as you go.

Pay attention to any tension or discomfort, and imagine it melting away with each breath.





Cultivate Connection to your essence: Nature Meditation

Find a quiet outdoor spot or open a window to let in natural sounds.

Close your eyes and take 6 deep breaths...

Imagine yourself in a peaceful natural setting, like a forest or by a river.

Focus on the sounds, smells, and sensations of this imagined place. Being in nature grounds you automatically.

Focus on nature with the intention to let go - to let go of your thoughts, let them float by, observe without attachment. Just let the environment impact you.

Cultivate Positivity: Gratitude Meditation

Make yourself comfortable, either indoors or outdoors.

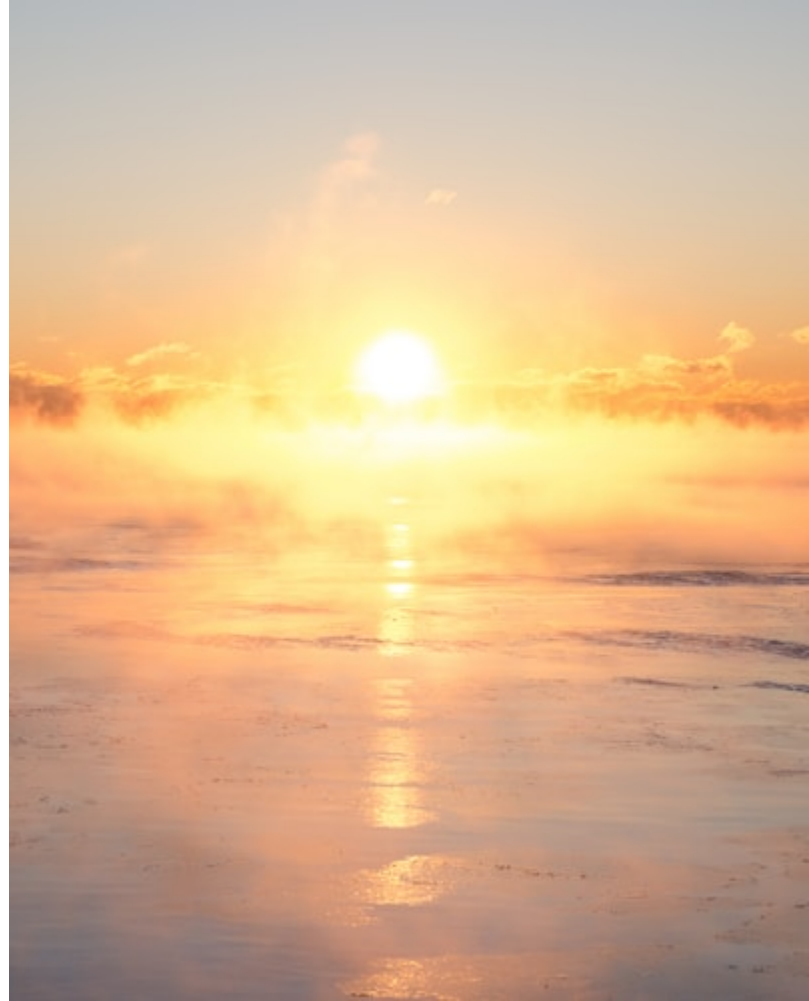
You might find it more convenient to do this just before falling asleep at night, lying in your bed.

Close your eyes and take 6 deep breaths. Think of something you're grateful for today.

It can be an event, a thing, a person, having a roof over your head, a bed, clothing, water, food, time... Or you might think about a great moment, a sunset, sunrise, a friendly word, a smile, a moment with a loved-one...

Spend a few moments reflecting on one or several, savoring the positive feelings they bring.

Direct your attention only to the moments you're grateful for.





Cultivate Compassion : Loving-Kindness Mediation

Find a comfortable place to stand or sit.

Close your eyes and take a few deep breaths.

Think of someone (person or animal) you care deeply about.

Silently repeat positive wishes for their well-being, like : " May you be happy, well " - " Bless You." -

Extend these wishes to yourself, and then to others around you , including those you may have conflicts with.

Cultivate Awareness: Mindful Walking Meditation

- Find a quiet space to walk, either indoors or outdoors.
- Begin walking slowly and deliberately.
- Pay attention to each step, the sensation of your feet lifting and touching the ground.
- Notice the sights, sounds, and smells around you as you walk.
- This meditation helps you stay present and mindful in your everyday movements.





Cultivate Calming Down: Box Breathing

Find a comfortable seated or standing position.

Close your eyes and take a deep breath in through your nose for a count of Four.

Hold your breath for a count of four.

Exhale slowly through your mouth for a count of four.

Pause and hold your breath again for a count of four.

Repeat this pattern for a few minutes, helping to calm your mind and reduce stress. You can extend to more seconds when ready. Six calm deep breaths, will already reduce the release of the biochemical stress-hormones.

Cultivate Positive Selftalk: Affirmation Meditation

Choose a positive affirmation or mantra, such as I am confident and capable! I am worthy! I am lovable

1: Repeat this affirmation silently or out loud with conviction for a few minutes.

2: Add a visualisation: visualize yourself embodying the qualities of the affirmation. Visualize yourself tending and cultivating the grains of Confidence, Self-esteem and selfworth . You can imagine a small light growing inside you, or imagine a seed or plant you cultivate.

3: Now notice your feelings, Feel a sense of empowerment and positivity grow within you.



Cultivate Stress Relief : Anywhere

- Pause what you're doing, whether at work or home.
- Close your eyes and take six deep breaths.
- With your eyes still closed, focus on the sensations in your body and the sounds around you for a minute.
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- Focus on your body, how you sit, stand... and relax
- Relax your muscles, your mind, and just be in the Now.
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- Tell yourself: All is well. All is good. I choose my thoughts.
- I direct my thoughts. I direct my life.
- Reconnect with the present moment and continue your activities with increased clarity and calmness.
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