***Meditation for People Who Don't Meditate – step by step guide***

**1. Find a comfortable seated position.**

This could be in a chair or cross-legged on the floor, hips permitting. Rest your hands on the knees. The active word here is comfortable…

**2 But not TOO comfortable.**

The point is to focus awareness, not shut it down. Constantly falling asleep is an indication that you need more rest in general. It could also mean you should sit up while you meditate.

**3. Keep a tall spine.**

Inhale, roll the shoulders up to your ears. Exhale, roll them back and down. This stacks the head over your neck while floating the shoulders over hips. Consider this a neutral, tall spine.

Every time you feel yourself hunching forward or slumping, reset your spinal situation with this inhale/exhale rolling shoulder magic.

**4. Gently close the eyes.**

**5. Maintain a simple breath.**

No rush or pause. You can start out with a few full yogic Breaths. For meditation, nasal breathing makes it easier find a smooth, even pace. If you need to sigh once in a while, go for it.

ALL YOU NEED TO DO IS FOLLOW THE BREATH IN AND OUT.

Focus on the area between your nostrils and your upper lip. Observe the sensation of the air entering and exiting your body as it passes over this spot. Let this be your default.

It may seem easy, but the mind often wanders in pursuit of everything else. When you realize awareness has drifted, gently guide it back to the breath.

**6. Give it time.**

Even if your mind wanders, be patient. It can take time to settle in to the meditation.

**7. Observe without judgment.**

The difference between observation and judgment is the attachment of meaning. Don’t try to dissect the WHY, HOW, or WHERE.

**8. Don’t go to your thoughts. Let them come to you.**

When they arrive, avoid holding on. Meditation is like playing a game of chicken with your mind. Try to acknowledge your thoughts without judgement. Just calmly refocus back on awareness of breath.

**9. Distractions happens.**

Distractions are bound to happen – let them come and then bring back your focus with your breath. There is no fault, give yourself credit instead.

**10. Move if you must—just not too much.**

Not everyone who meditates is a serene-faced monk glowing in the light of eternal peace. Legs fall asleep. Itches fire up. Shoulders slump. It takes time to sit comfortably for extended periods of time.

To that point...

Start small.

Five minutes a day is a great start. You’ll feel better adding on than taking away