



HOW TO MEDITATE

**Just 10
Steps!**

STEP 1

Get yourself comfortable if you want to lay down or close your eyes do so,if you don't want to close your eyes focus on something in the room.

STEP 2

**Think of somewhere that makes you
feel happy or calm**

STEP 3

**What does your happy place look like
cloudy , sunny, busy,etc ?**

STEP 4

**What does your happy place smell like
is it like flowers, smell of sand etc.**

STEP 5

What does it sound like? Do you hear people talking or animals any sounds that you hear?

STEP 6

What does it feel like? How is the ground soft, hard, hot, cold etc.

STEP 7

**Is there anything there that you don't
like?**

STEP 8

**Just enjoy what you see and what is
going on around you!**

STEP 9

**After a little bit when you have had
enough just start slowly and come back
to reality!**

STEP 10

You might have felt that didn't relax you totally but it's ok. You might have noticed your mind drifting it's ok it takes a little to get used to it!

DONE!

Your All Done!