



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.

STEPS

**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!



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