1. **Find your meditation spot**

You should feel safe, at peace and comfortable in it.

1. **Sit in a comfortable position**

You don’t have to specifically sit in a special way just to meditate. Find a position that’s most comfortable for you.

1. **Clear your mind**

Clear your mind. Loosen yourself up. Take a few deep, slow breaths.

**4. Simply sit and observe**

**5. Ending Your Meditation**

Start off by being present of the physical reality around you. Next, be aware of your physical body. This can take 15~30 seconds, or however long you need to do this step. Then, very slowly, open your eyes. Get attuned to your surroundings. If you open your eyes immediately and try to resume your physical activities, it might be disjointing and jarring.

\*Information provided by http://personalexcellence.co/blog/how-to-meditate/