How to Meditate

General Guidelines:

1. Practice makes perfect. Understand that meditation is a skill to be learned; it will take time to master it.

2. Set aside some time with no distractions. It can be as little as 5-10 minutes.

3. Sit in a comfortable position.

4. Focus on how your body feels as you sit and begin to quiet your mind.

5. Pick something to focus your attention on. For example, focus on your breath, the sound of relaxing music, or a calming image.

6. Don't be surprised or frustrated if your mind strays. Instead, bring your attention back to what you were focusing on.

7. End your meditation slowly. Take a few minutes to gradually bring yourself back to the present moment.

8. Make it a habit: same time each day.

10. Practice makes perfect. Understand that meditation is a skill to be learned; it will take time to master it.

Benefits of Meditation:

- Reduces stress
- Relieves pain and tension
- Decreases anxiety
- Improves memory
- Gain clarity and peace of mind
- Improves sleep


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