

10 SIMPLE (NOT EASY) STEPS

How to Meditate



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1. Start with Why



- As you prepare to meditate, consider why you are doing it?
- Remind yourself of benefits and your purpose to help establish the habit.
- Manage expectations and remember that growth takes time.

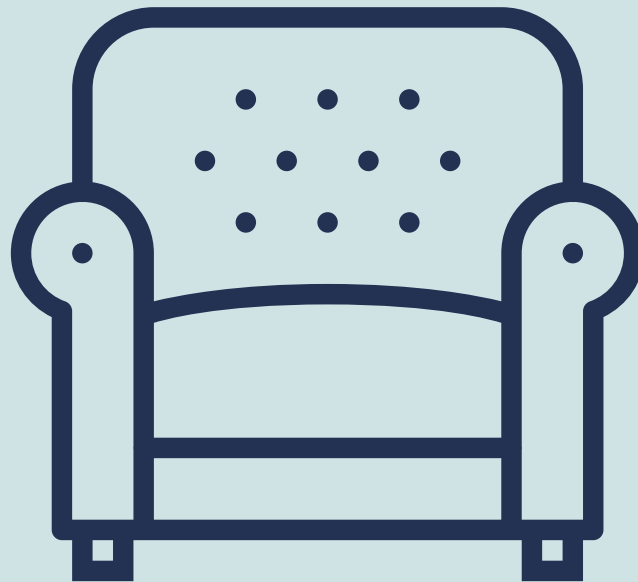
2. Prepare Yourself

- Prepare your space by shutting door, dimming lights.
- Find ear buds or ear plugs if you use them.
- Turn off notifications.
- Set timer or select a guided meditation.



3. Get Comfortable

- Comfort helps you relax, but balance it with being alert.
- Find a stable position.
- Sit/stand up tall or stretch out lying down.
- Rest into the space or root into the floor or chair.



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4. Check In with Yourself



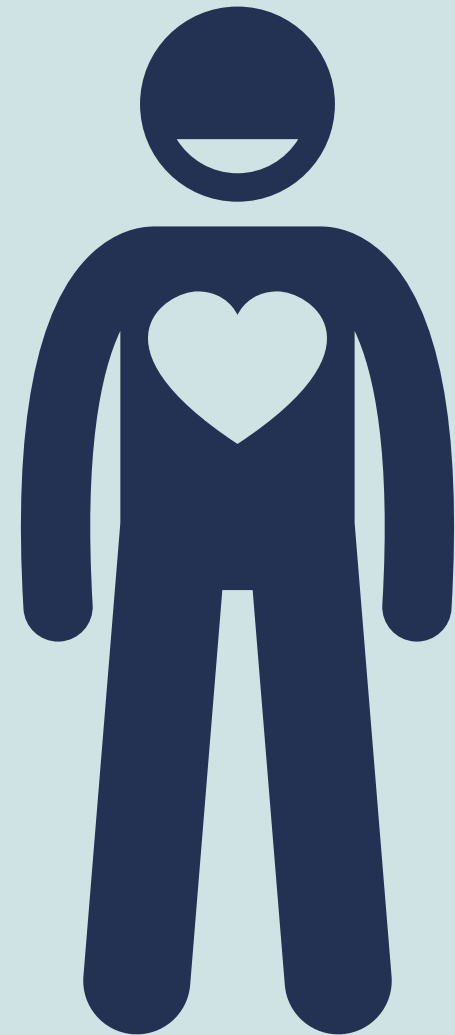
- Scan your body for tension, especially your brow, jaw, neck, shoulders, chest, belly, hips and hands.
- Check your inner attitude and be aware of the energy you are bringing with you.
- Relax and ease back as much as possible.

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5. Adopt a Kind Attitude

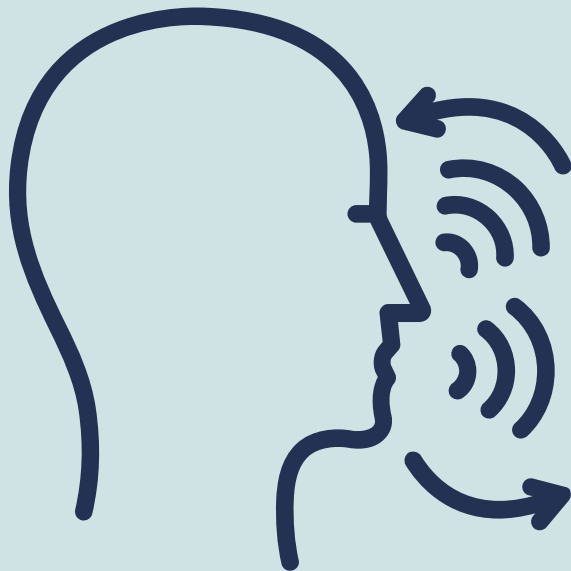
- Meditation isn't easy so kindness is critical.
- Your outlook colors everything you perceive during your practice.
- A calm, open, and accepting mindset helps.
- Be your own coach as you practice - forgive and praise yourself abundantly.



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6. Find Your Breath



- Find the feeling of the breath where you feel it strongest.
- It could be in your nose, throat, chest or belly.
- Don't cling to the breath. Just rest your attention there and follow it.

7. Distractions Happen

- Your mind will wander.
- Distractions are part of the practice.
- Notice what the distraction is and come back.
 - Thought?
 - Bodily sensation?
 - Emotion?
- Over and over again.



8. Avoid Judgment



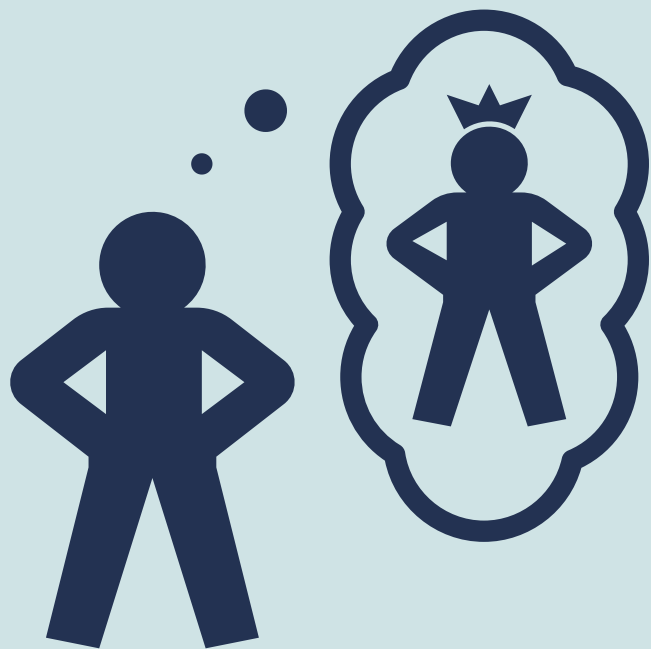
- Self-judgment may arise but it is not helpful.
- Notice it (what words or emotions arise, what happens in your body).
- Just come back to the breath.

9. Don't Get Discouraged

- Benefits can take time to emerge.
- You may never get "good" at meditation. Distractions will always arise.
- It's not about a good meditation session. It's about a good life.



10. Ending Well



- Congratulate yourself for your efforts and remember why you practiced at all.
- Ease back to your body by making small movements and slowly opening eyes.
- Take time transitioning to the next activity.

More Resources



- Follow the blog for more tips, articles, meditations, and instruction.
- Check out our Resources page: <https://brilliantlegalmind.com/resources/>
- Connect or follow our Founder: www.linkedin.com/in/claireeparsons/

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