



# 7 DAY Meditation Challenge

A beginners guide to meditation

## HOW TO

First, plan your daily meditation by reserving time for your practice. You could create an event in your calendar, for example. Then, find a quiet place where you want to meditate. Use a pillow or a meditation cushion for a comfortable sitting position.

Prepare candles or an incense stick, if you want to create a relaxed atmosphere. When it is time for your meditation, sit on your pillow and cross your legs. Straighten up, put your hands together or on your lap.

## LET'S BEGIN

1

Be mindful. Practice mindfulness by focusing only on your breath for 1 minute.

2

Don't judge. Practice deep breathing for 2 minutes. No matter which thoughts appear, avoid judging them.

3

Focus again. Meditate for 3 minutes. If thoughts do appear, appreciate them and lead you focus back to your breath.

4

Observe your senses. Meditate for 5 minutes and accept the signals of your body, if you feel impatient or restless.

5

Be curious. Meditate for 5 minutes and stay curious in every meditation, even if it feels like the ones before.

6

Embrace emotions. Meditate for 7 minutes and let yourself feel all the emotions that might come up.

7

Be grateful. Meditate for 10 minutes and be thankful for everything you have achieved in this challenge