

## Beginner's Guide for Meditation

- Stand or sit comfortably. At first, it may be easier to meditate standing, but there is no rule, if you are more drawn to a seated meditation that is great too. If standing, let your arms hang comfortably at your sides. If you are sitting, place your hands palms up on your lap.

- Relax your body. Try to find a neutral position where you are not holding any tension in your spine, abdomen, joints, or limbs. Often, shoulders must be relaxed; neck elongated slightly with your chin tucked just enough to feel a lengthening between the vertebrae of the neck. Also, do not lock your knees,

and tuck your tailbone slightly forward. Imagine your pelvic cavity as a bowl holding your internal organs; it must be in a neutral position, not rocked too far forward or back. If this is all too much to keep track of, just relax and let your body find a comfortable position.

- Breathe slowly. In through your nose, out through the mouth. Try to let your breath sink all the way to your low abdomen. You may place your hands on your abdomen to feel how far your breath descends. Your abdomen should expand with inhalation and contract with exhalation. If you have seen a healthy newborn, this is how they breathe. As we grow and accumulate more stress in our bodies, our breathing

becomes more and more shallow, eventually involving more of the chest than the abdomen.

- Place the tip of your tongue on the roof of your mouth, close your eyes, and practice “no-mind”. This shuts out distractions and facilitates the internal flow of energy in your body. As thoughts arrive just let them go. This is usually a very difficult habit to develop, but a busy mind is just a bad habit and can be overcome with time. Be patient. With time and practice it becomes easier and easier to let your mind be still.

- If you would like a movement to perform (which can often help calm your mind) try either of these

suggestions, or any slow relaxed movement that comes to mind:

o As you inhale take three slow steps forward. As you exhale take three slow steps back. Repeat as long as you would like- for beginners 5 minutes is a good start.

o As you inhale. let your arms, with palms up in front of your body, float up to about shoulder height. As you exhale, turn palms down and let your hands sink to about hip level. Repeat as long as you would like- for beginners 5 minutes is a good start.

- There is no minimum or maximum time for meditation. At first it will be helpful to set aside specific times to

meditate, but eventually you will be able to enter a meditation no matter where you are or what is going on. Do not try to force a meditation for too long. For beginners 5 to 10 minutes is usually great, slowly increasing the time as you become more comfortable.

For more information please see the recommended readings on my Resources page. If you have any questions or would like more detail, please contact me at [Roberto@kumoacupuncture.com](mailto:Roberto@kumoacupuncture.com) or call at (503) 318-9490.