Guiding Yourself in Meditation

* Disclaimers
  + I’m not a professional. I don’t have official training. This is based on my experience and knowledge, which is limited. Do You.
* Intention
  + Can be simple. Self check in, Anxiety, Self Love/Compassion, Self Connection, Connection to diety/ancestors, meditate on an idea/something you want to manifest.
* Breath
  + Breathing patterns. deep breaths, breath into your diaphram/chest/where you feel stress, counted breaths, alternate nostril breathing, just focusing on your breath is also perfectly acceptable.
* Ground and Center
  + Start paying attention to your breath and turn your focus inward.
  + Acknowledge the things outside yourself and then acknowledge the things you physically feel, the ground, the air, your clothes, this might be a good time to perform a body scan, check in with your physical body.
  + Grounding can look like a lot of different things. You can literally imagine roots growing out of you into the ground, a light encompassing you,
* Getting In and Coming Out
  + This may be physical things you acknowledge, imagery you use, or both.
  + Whatever you do to get in, do it in reverse to get out.
* Imagery
  + Scenes in nature, river, field, warmth, light, sun, water. Maybe your imagery is an isolated feeling/emotion. You can meditate on an emotion, an idea and maybe you don’t need any additional imagery. You can focus on the emotion feels, or how the idea makes you feel, or what you want to feel.
  + Smells, sights, sounds, and tastes can also be kinds of imagery.
  + Might not use imagery. You might focus on yourself/your body/breath
* Dealing with Distraction
  + Bubbles, Leaves, waves, “I notice I’m having a thought.” You aren’t obligated to your thoughts. You don’t have to push them away actively, let them float by. Remind yourself that you aren’t wrong or making a mistake for having thoughts.
* Final Tips
  + Set timers, Choose music that feels right (if you even want music)
  + Start off slow, Take inspiration from and or tweak other meditations that you like
  + You are creating a guide, not a script. You may need more or less time to do what you need to. You may make changes to your meditation. That’s all okay.

Now it’s your turn. Take some this time to brainstorm your own meditation. You may need to skip from one section to another, cross things out, redo and refine. That’s normal.

Intention

Breath

Ground and Center

Going In and Coming Out

Imagery

Dealing with distractions