**Thoughts Change** Meditation

**Meditation on the breath**

Decide on how long you wish to meditate for (10 minutes is a good starting point). Setting a timer is a good idea if possible, as it means you do not have to be disrupted by checking the time.

Find a comfortable position on the chair, a straight backed chair is best for this as it encourages you to sit upright. Do not lean back into the chair, however your back should not be tensed. Think of a thread attaching the crown of your head to the ceiling pulling gently upwards. Tuck your chin in slightly. Where possible your hips should be slightly above your knees, if necessary put a cushion on the chair to raise yourself up to the correct level. Place your feet flat on the floor and your hands in a relaxed position either on your thighs or in your lap.

Close your eyes, or if you prefer look at a spot on the floor at about a 45-degree angle.

Take three deep breaths then return to normal breathing.

Breath naturally being aware of the muscles involved in the action. Do not try to force your breath just let it be natural.

Counting the duration of each in and out breath and the pauses in between is a good way of reducing distractions. An alternative method is to choose a short positive phrase which relates directly to you and repeating the phrase over during the meditation.

Don’t be concerned if your mind wanders and thoughts intrude, that’s what minds do. Imagine the thoughts as passing clouds and just let them fade away and return to the breath. Do not put any story to the thoughts as this deepens the distraction and can lead to a daisy chain effect with one thought leading into another.

Do not be concerned or become annoyed with yourself if thoughts continue to appear, there is no absolute way of meditating. Be kind to yourself and just continue with the process. Don’t ever be frustrated if you do not feel that it is going well, some days are better than others and things develop with practise.

On completion of the meditation just relax for a minute then slowly move your muscles and when you feel ready gently open your eyes and come back to full awareness of the room.

**Remember that this meditation is for you and that there is no absolute right and wrong**.