

How to Meditate



Your New Vegan Lifestyle

How to Meditate

The first stage of meditation is to stop distractions and make your mind clear and more lucid. This can be accomplished by practicing a simple breathing meditation.

1. Choose a quiet place to meditate and sit in a comfortable position. You can sit in the traditional cross-legged posture or in any other position that is comfortable. If you wish, you can sit in a chair. The most important thing is to keep your back straight to prevent your mind from becoming sluggish or sleepy.
2. Sit with your eyes closed and turn your attention to your breathing. We breathe naturally, preferably through the nostrils, without attempting to control our breath, and we try to become aware of the sensation of the breath as it enters and leaves the nostrils. This sensation is our object of meditation. We should try to concentrate on it to the exclusion of everything else.
3. At first, your mind will be very busy, and you might even feel that the meditation is making your mind busier, but in reality you are just becoming more aware of how busy your mind actually is. There will be a great temptation to follow the different thoughts as they arise, but we should resist this and remain focused single pointedly on the sensation of the breath. If we discover that our mind has wandered and is following our thoughts, we should immediately return it to the breath. We should repeat this as many times as necessary until the mind settles on the breath.

*There are many meditation apps you can use. My favorite is Insight Timer (completely free) there is also Calm and Head Space(this one has a 10-day free trial).