

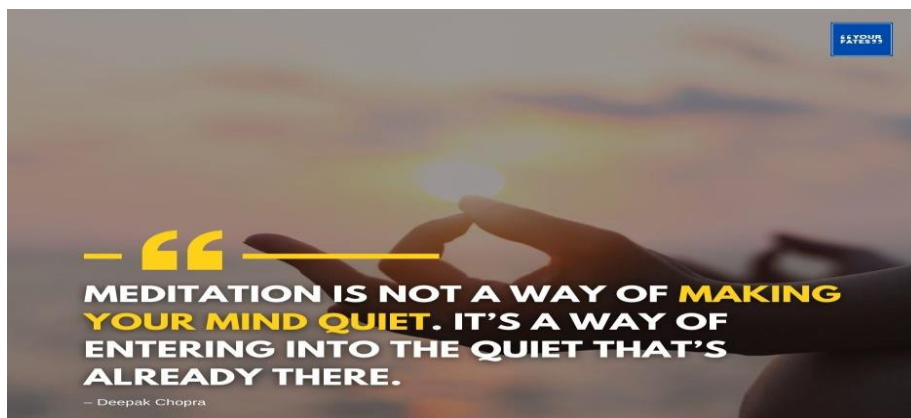
MEDITATION GUIDE



BY GARGI ARYA

Hello, let's talk about meditation today. What does it mean to you? Do you take the time to know your inner self and calm your worries?

Meditation is a great practice to listen to your heart and intuition. It provides a way to liberate the stuff which gives you trouble. Remember you do not have to avoid pain, you have to embrace it.



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**MEDITATION IS NOT A WAY OF MAKING
YOUR MIND QUIET. IT'S A WAY OF
ENTERING INTO THE QUIET THAT'S
ALREADY THERE.**

— Deepak Chopra

It is considered as the best way to quieten up your racing thoughts and help you to slow down and breathe in the present moment.

GUIDELINES

- You need to sit in a soothing environment which is full of good vibes. Make sure not to drive your car to the direction of distractions.
- Prepare yourself first. It should not feel like a torture, seek out some inspiration by reading a self-help book or an audio then come back here.



Now as you are ready to fully tap into your intuition and listen to the inner voice, I would like to take you through a short guided meditation that you can do right now.



Step By Step Guide

1. Sit in a comfortable position.

It's very important to find a quiet place because then only you can focus on meditation. Sit in a comfortable position (on your bed, chair or on the floor). Your spine should be straight but in a relaxed manner.

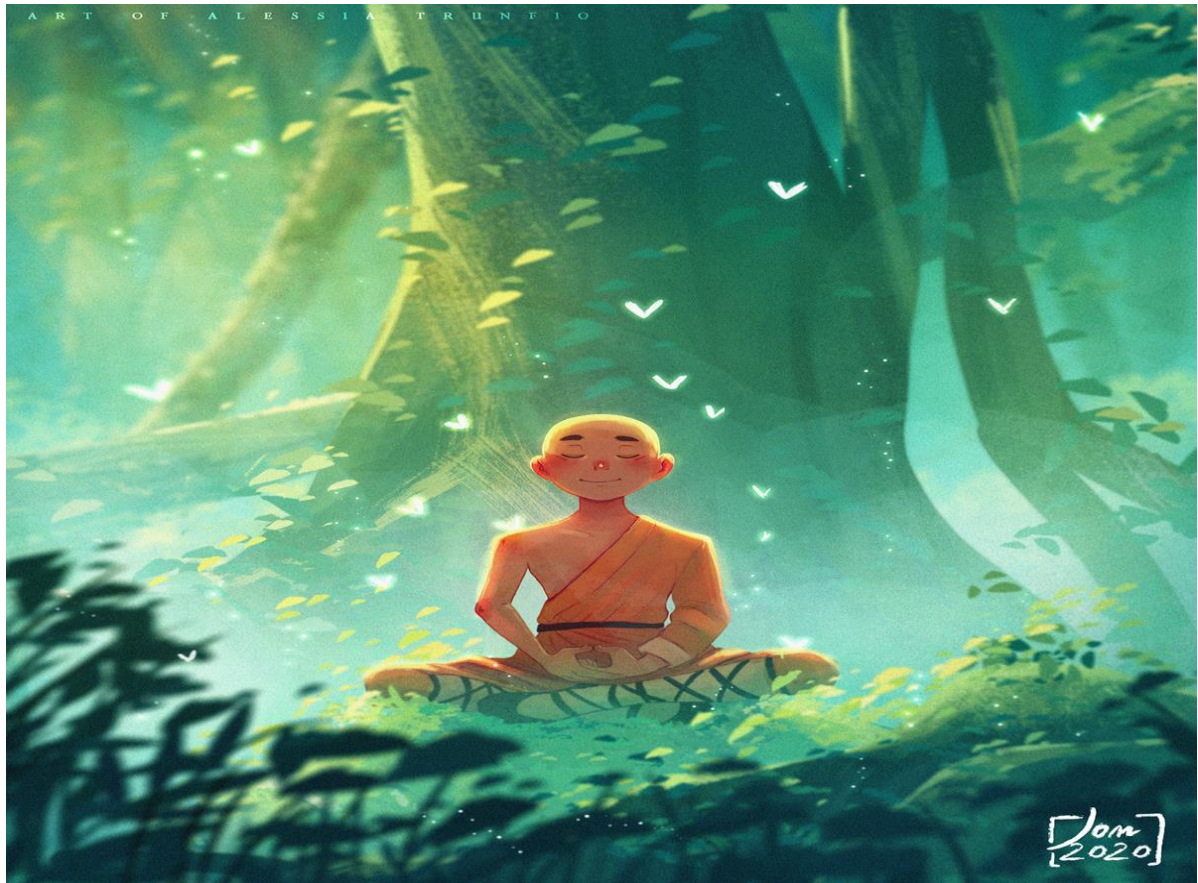
2. Put on a tranquil music

When I do meditation, I put on some motivational and soothing music, it helps me to be at ease. It uplifts me to be in a serene state despite of all the weak moments. So, you too can give it a try. And it's essential that you free yourself from all the distractions during that moment to simply focus on your breathing. If the calming music doesn't feel comfortable, or it doesn't encourage you then try putting the ear plugs. And gently allow your eye lids to close.



3. Focus on Breathing

Now, make breathing your center. Concentrate on each Rise and Fall of your breath. With each rise and fall allow the brain eating stuff to simply go away. Allow your belly to move up and down when you suspire. While doing meditation, there is no point of rushing up. Take your own time.



4. Listen to your inner talk

Slowly bring your attention to your inner sound. When I tried meditation for the first time my thoughts were just like “Ahh, do they have to catch any train. Why are they eating me?” But when I started to practice it daily, I began to see the change. I allowed my thoughts to simply pass without responding or judging. Allow your thoughts to pass through your mind like when a shark swims in water, all other fishes allow the shark to pass without reacting. Trust me when you will make this your habit you will love your life.



A calm mind is a
creative mind.

buddhadoodles.com

And remember if you are too busy, then you need to do meditation for at least an hour! Quiet the mind and get hold of these thoughts.



four qualities of mindfulness

Prepare yourself, repeat and practice, practice, practice because practice makes a man perfect. Cheers! Meditation is a daily discipline practice, once you do, you will realise.



Remember nothing will change for the better until you do.

ABOUT ME



I am Gargi Arya, the motivational speaker of ADJOA HTC and author of the book 'The Lion Hearted Soul'. I am 14 years old. I study in 10th grade in Ryan International School, Ghaziabad. To me, writing is just my thoughts flowing from my mind to the tips of my fingers and painting the pages of my precious diary. Let the power of selflove reinvent yourself to create your dream life! You are an inventive, just you need the incentive.