

# Simple Meditations

## Beforehand:

- Choose somewhere to meditate where you are unlikely to be disturbed.
- Switch off your phone.
- Ensure you will be warm enough (body temperature can drop during relaxation).
- Sit comfortably upright with your back supported, both feet flat on the floor, (it's ok to lie down if you need to).
- Having a glass of water to hand is a good idea in case you get thirsty.

## Helpful Tips:

- Allow yourself to respond to the words and images rather than trying to make something happen - trust in the power of suggestion. (Meditation is **more about being** and **less about doing**).
- Let go of expectations and judgements (ie: the need to get it 'right').
- Allow yourself to be with each moment as it passes.
- Give yourself time to settle into the meditation.
- Give yourself permission to be just as you are right now.
- If you want to stop at any time it's ok to.
- Enjoy!

# Simple Meditations

1 Stepping back from things 9:30min

2 Letting the ground steady you 12:48min

3 Supporting yourself with loving kindness 13:00min

4 Letting go of tension and stress 16:14min

5 Becoming centred and balanced within yourself 11:48min

6 Feeling more energised 15:22min

Overall playing time: 78:44min

*Do not attempt to listen to these meditations under the influence of alcohol or other recreational drugs, or whilst driving or using dangerous machinery.*