

A large, stylized teal signature of the author, Joe Hehn, is positioned in the upper half of the cover. The signature is written in a fluid, cursive style with thick, expressive strokes. The background behind the signature is a soft, light blue and white gradient, which blends into the overall background image of a sunset over the ocean.

Joe Hehn

MEDITATION
FOR
BEGINNERS



Hello there fellow Meditator,

So you're looking to establish a healthy meditation practice, well kudos for taking the first step! I wrote this hopefully helpful guide for people just like me! Yes me, because at one point I was sifting through the infinite amount of resources in search for a quick & easy meditation guide. About twenty minutes in I recall being confused and hesitant as to whether or not I wanted to invest in a meditation practice in the first place. It took a ton of time and effort reading various guides, books, watching videos, paying professionals, and pretending to know what the heck I was doing; but the payoff has been immeasurable. After much determination, quite a bit of dedication, and a bit of cussing, I finally established a very healthy meditation practice... which has served as the foundation for a peaceful, present and mindful awareness and Life!

So here I am now, hoping to save you from a bit of frustration as well as adding unnecessary funds to your swear jar. Take it slow, enjoy the ride, and be compassionate towards yourself as you evolve within your practice. It takes time, dedication, determination, patience, compassion, and self-love; but the results seep into every facet of your life & being. Pretty rad if you ask me.

So cozy up within your favorite reading nook and enjoy the Guide. And don't forget to use the cheat sheet I prepared as a quick reference guide as you get started!

Journey well friend.



Joe Hehn

Location, Location, Location

First things first, find a suitable place to keep a constant practice.

Not in the kitchen one day then on the toilet the next. Our aim here is consistency as to avoid distractions, puzzles, and developments for our mind to gnaw on. If you can designate the same space for your meditation every time, this is best. As you learn it will help to eliminate unnecessary distractions.

Chair, couch, cushion, bench, or floor but comfy is key. If you can pull off a levitating lotus posture; well then good for you, ya show-off. I use a chair because I'm an old soul; yeah that's the ticket. Actually my body is a bit broken from past endeavors so a chair allows maximum comfort without bringing my attention to sporadic or constant aches and pains... which draw my focus away from my goal, which is to not be drawn into any thought at all. I want to feel relaxed but present and super aware and merge with my seat in a sense.

"Get comfortable with your new friend, Silence you'll learn to truly appreciate this one day soon."

Silence is Golden

Shhhhhh... we need a nice quiet location.

Silence will serve you well once you find the best location... you'll experience this for yourself as you navigate meditating in random spots along your journey. Quietude is key throughout this time, even a room with the wifi router will seem blaring as your mind settles deep within itself. So whatever you can manage, aim for utter silence. Guided meditations are absolutely great for Beginners, and there are a bunch of apps, YouTube videos (including my own eh-hem!), as well as playlists on Spotify and Pandora too. So take advantage of them as you need but use them like training wheels on a bike... eventually you'll want to graduate to a nice, silent setting. And so when you finally do evolve beyond guided meditations, you'll be tempted to listen to music, other people's mantras, ohm chants, spa music, wind chimes, birdsong, and even Enya! But I'm hoping you can avoid all that and tune in to silence! "Why you gotta be such a jerk about it Joe?" You'll thank me later! The reason is it's another distraction we need to avoid. Music, chants, and white noise serve as training wheels for a bike. We already know how to ride... we just need to be remember and practice. Plus most people begin with guided meditations at first, which is great as they dip their toes, but I feel people are more capable than they realize. So toss the floaties and jump into your practice with confidence, positivity, and a bit of excited cussing. Heck yeah! (I'm sure you can do better than that but I'm trying to keep this Guide PG) So pause Deepak's sensual voice for now and get comfortable with your new friend, silence. You'll learn to truly appreciate this one day soon. However, once you've established a solid foundation and a consistent practice, you may want to incorporate some different guided meditations, music, chants, or binaural beats depending on your goal. The goal here is to get comfortable with silence... then you can go off on your own once you are good with quietude!

Stuffless

No that's not a word, but irregardless,
(not a word either) Ditch. Your. Stuff!

Cell phones, laptops, tablets, digital alarms, watches, baby monitors, babies or children of any age, spouses, companions, friends, roommates, and pets. Turn. Them. Off. This time is for you - which in turn helps those elements above. It truly does. I'm not saying abandon your children, give the spouse the ole' silent treatment, and flush your cell down the toilet; just step away from them for the time you've allotted towards your practice. That's the point though right???

No candles, no incense, no Glade Plugin Air-freshener Now with 33% more Enlightenment! Again, we're creating an environment without distraction for now and any scent will pull your mind into distraction.

No gum, no mints, no rainbow lollipops, no teeth whitener trays, no toothpicks for all those bookies reading this. These things too will pull your mind into distraction.

Later on your can add sounds, scents, and whatnot but for now, our goal is to establish a solid foundation... which will prove immensely beneficial as your practice evolves.

Tumultuous Tummy

Don't eat a heavy meal and
don't go into it starving.

A rumbling, bloated, unsettled, or gorged stomach serves as one clingy and irritating companion. No energy drinks, coffee, or other stimulants either. Fasting is fine if you know what you're doing but if you're just getting started I would integrate one practice at a time and then add the other. We don't need to add to our already difficult battle of attaining peace, presence, and mindfulness. Oh yeah... Go potty beforehand like a grownup. Yes, I know I misspelled grown up now say it out loud like I first spelled it. We're eliminating distractions, is there an echo in here or is it just me? me? me...

"This time is for You"

Take a Hike Pal

I absolutely love meditating outside in nature, that's where I first began and that's where I love to find myself if permitted.

The natural sounds: birds chirping, running water, a subtle breeze, critters running about, the lapping of waves or running of a stream or river, and the sway of leaves are wonderful and hypnotizing. The scent of arid earth, fresh flora, crisp snow, salty ocean breezes, or grassy aromas prove wonderful too. These natural sounds we can't control and they are great for many reasons... mainly we are naturally attracted and settled when surrounded by nature so they will prove beneficial. Urban noises unfortunately can produce an opposite effect, so this is why we shoot for silence if we live or will be meditating in an urban environment as we first learn and establish a meditation routine. So for a good mindfulness meditation I highly recommend an outside session within nature and away from any man-made elements if possible. As you begin, simplifying your practice is key... keep it consistent. Many of us don't live in a wooded area or coastal hermitage so must make due within your urban environment. Once your practice evolves to a certain point you may be able to meditate in the middle of a construction zone without issue.

Hey Sleepyhead!

We want to be well rested and not dead tired.

Early morning is great but personally I gotta get up, drink a big glass of water, brush my teeth, and accomplish whatever morning routine stuff as to fully wake up. Then I meditate. We want our mind alert, but our body can still be a bit sleepy. Don't try to convince yourself to meditate lying down in bed either. The morning version of myself is a boldface liar with his empty promises of "you're just resting your eyes." Stay in bed if you must but completely alter your posture, sit up and only if the bed serves as your meditation spot. Some people like to do their morning yoga, workout, or athletic hobby first thing upon waking and then meditate... this can prove beneficial as you rid your system of built-up energy and desire to get your day started. Others like to hold off on physical activity, working out, stretching out, making out, etc. until after they've meditated because they start their day off with a healthy meditation and reap the rewards throughout their entire day! Both options are viable so play with either until you discover which option suits you and your lifestyle best!

"Once your practice evolves to a certain point you may be able to meditate in the middle of a construction zone without issue."

Posture

This is the key to immediate improvement.

Keep it the same, check off the boxes each time, and settle into yourself. Women tend to have an easier time because their actual posture is typically much better than a man's, and because their threshold for pain is much higher. Not me though - I'm super tough. Seriously I'm not, I cried the other day from a hangnail. But I'm adventurous, ride a sexy motorcycle, travel the world, and apparently I list cool things about myself as to hide the fact I have zero pain tolerance. Dammit.

SITTING

If in a chair or elevated structure then keep your knees at a 90-degree angle. If on a meditation cushion, bench, or meditation saddle (google it), then find your happy place and commit to it. It may take a few sessions but once you find that place then stick with it. If sitting in a crossed leg position, consider placing mini cushions, a piece of foam or a towel between contact points on the legs as to diffuse aches and pains. (Between your calf muscle and foot for example.) If you meditate for 10-20 minutes it's not so bad, but when you start pulling long hauls the difference is noticeable.

STRAIGHT SPINE

This prevents drowsiness and attends to mindfulness. Also opens up chakras/kundalini, allowing energy/prana to flow throughout your spine/body with more ease. (You don't have to know anything about chakras/kundalini as you begin, but as your practice continues it may be beneficial for you to research a bit.)

NECK STRAIGHT BUT RELAXED

Sense the tension and release it. You should be able to balance your head without attending to the effort.

HEAD STRAIGHT

Head straight as if being pulled above by a string connected to the top/middle of your head. Chin level with the ground, relaxed.

SHOULDERS

Shoulders back, comfortable, but back, release the tension. Feel gravity pull down on them and enjoy the feeling of tension pouring out of you..



Posture continued

This is the key to immediate improvement

HANDS

Hands lying upon your lap palms up, this is ideal for warmer climates as the least amount of body on body contact the better, it avoids a heat build up and perspiration which draws your attention away from the practice. (See the pictures included and try a few different positions on your thigh until you find the right one.) Or try one hand cupped within the other, palm up or down lying atop your groin region. Another option is placing the inside of your wrists atop your knees with fingers hanging down. Play with these three and find the most comfortable. You might add a mudra (hand posture) for a particular or general focus down the road, but for now keep it simple.



MOUTH

Mouth slightly open, tongue towards the roof of your mouth (which makes no sense... it should be ceiling of your mouth but I'm not here to reinvent confusing terminology) and inhale and exhale through your nose not your mouth if possible. If you are congested, then do whatever works. This may change in the future but as you build up your meditation foundation try to stick with breathing through JUST your nostrils for now.

BREATHING

Many believe that breath is the most important aspect of meditation. So, try to invest as much focus and attention into "attending" to your breath. I'll explain more as we continue but breath is KEY so consider it your best friend as you progress:) Allow your belly to naturally ebb with the breath, don't hold the breath in or restrain from exhaling either. Whatever your natural breath is, allow it to be. Yogic breathing can be incorporated down the road.

Anchors

These will aid you in keeping your eye on the prize.

I call them anchors because they help keep us anchored into the moment and because I'm clever that's why. Start with breath and eventually you will add additional anchors or incorporate multiple ones as your practice grows.

1. BREATH

Attend to your breath as it enters and departs, preferably using just your nose. Feel the sensation of air flowing in and out of your nostrils. Sense the difference in temperature between the incoming and the outgoing. Attend to the smell if there is one, but don't obsess over it. Take your entire concentration to the breath and focus on every ebb in and out while observing the flow. Attend to the slight tickle of air upon the rim of your nostrils, feel the air fill your lungs and expand your chest, sense the ebb of your belly, enjoy the pleasant sensation and act of breathing... that's the kind of focus we're talking about here. Feel your lungs expand and deflate, monitor the path of breath as it journeys like a tide washing up the shore then as it retreats.

2. COUNTING

Count as you inhale: (1, 2, 3...) then continue the count as you exhale, (...6, 7, 8...) Then start over at 1 again on the following inhale. Don't force the count or extend the breath, trying to hit certain numbers. Whatever the length of your count is fine, there's no reason to shoot for a certain goal. Count within your mind and not aloud. Don't move your lips while you count and try to focus your concentration on both anchors at once... really tune in to the "sound" of the numbers when you say them mentally. You may lose focus as a thought pulls you away... and sometimes this happens pretty quickly, but if and when this occurs just start over at 1 with your next inhalation.

3. BREATH & COUNTING

Here's where we start summoning spirits from the beyond. Just kidding of course that doesn't happen until the intermediate lesson. Combine Anchor 1 (Breath) with Anchor 2 (Counting) and Voilà... nirvana. Take your attention into the breath while you count. Attend to the count and don't get lost, forget your place, etc. Double anchor baby! Two anchors keep you even more secured within the present moment. Truly invest here... take your attention and concentration into both anchors and you will benefit from doing so.

Anchors

These will aid you in keeping your eye on the prize.

4. SENSORY MINDFULNESS

Allow your senses to observe your immediate environment as if you are reporting back to a supervisor about every little detail you experienced throughout your meditation. Truly listen to the various sounds, examine them and go deeper into their essence. Taste the air with your mouth open when you're in an environment to do so. Smell - embody a dog with its head hanging from the car window. Examine all the different aromas with as much depth as possible. Feel the wind, chill, warmth, humidity, moisture, sun, warmth, chill, etc. within the air and upon your body as it interacts. Look - sometimes you will see "stuff" like a lot of different stuff, yes with your eyes still closed too. Just observe. Don't look for anything; merely observe any changes from the darkness. Reminder to release any strain build-up throughout the session. And if you are able, try to take your visual concentration and "look" at the point between your eyes right there in the middle. With your eyes open, poke yourself in that spot then close your eye and then try to look at it. You may feel like you are straining your eyes at first but eventually you will get used to it. This may seem odd but it's another anchor; it helps to ward off sleep and is actually an important part in your meditation training!

5. COMBINE BREATH, COUNTING & MINDFULNESS: TRIPLE ANCHOR!

"This guy's nuts. What an animal." Combine all three of the above anchors; Breath, Counting, and Sensory Mindfulness. This combo will prove very reliable and beneficial for keeping your attention away from thought and within the moment, promoting true awareness. Enjoy it too!

"This combo will prove very reliable and beneficial for keeping your attention away from thought and within the Moment, promoting true awareness."

Practice

Consistency is key here.

Commit to your practice. Prioritize the time as you would with any other important self-growth endeavor; reading, working out, hobbies, bird watching, education, etc. If you miss a session, try and make it up. Pull a double one day if necessary. If you miss a session or a couple day's worth it may take a couple make-up sessions before you regain your momentum for what you lost.

- **Set a timer with a light alert** - - no code red or defcon 7 fire alarm. I use birds chirping or wind chimes; this serves as a subtle nudge to exit my meditation without jarring me from this tranquil state.
- **Light stretch** (like 1 min to iron out the kinks). Shake your body out before beginning.
- **Sit and settle.**
- **Position your hands where you wish**, test a few spots until you find something you can maintain indefinitely. Don't switch after beginning and settling.
- **Teeter into your posture** and allow yourself to fully settle, sinking into yourself and the cushion, chair, etc.
- **Align your spine, neck, head, etc.** Shoulders pulled back and relaxed, neck muscles released, face relaxed, literally release any tension by "walking" through one part or zone of the body after the next. You will feel your muscles release the constant hold they have and that in of itself is wonderful. Once you begin check and see if your face especially is tense and if you notice that it is then allow the tension to drain from it and relax your facial muscles.
- **Close your eyes.** You will feel them tense up again from time to time as if you're focusing on something but just allow them to settle after you notice. You might even feel a strain so attend to

those sensations and release the cause. Try to focus on your Third Eye location as well.

- **Don't move.** Make the mental and physical commitment to remain in your posture like a statue. You'll want to teeter, stretch, crack a tensed joint, nullify an ache, or you may find yourself at war with an incessant itch but try not to give in. But if the itch just won't go away then scratch it and re-settle. The point here is to mentally prepare and aim at not moving, but if something proves too difficult to avoid then attend to it and re-settle. You may experience a build-up of saliva, no problem - just swallow and re-center. This is a good test of will, but sometimes you have to give in if it's just too much. This can be good at times as well because you resolve the issue - then return your focus to where it needs to be. There is no right or wrong here, go with what you feel is best, reminding yourself that the least amount of movement, the better. Over time your body will train itself... knowing that your meditation time is it's time to settle and still itself... finding the perfect balance. And so you'll discover when it's necessary to move and when it's not. Just keep to your game plan and remain still as best you can. Once you make it through this phase your body will seem to separate from your mind entirely. Something I consider very important however, don't switch your hand position, uncross legs, teeter after you've been at it for a while already, or switch positions entirely once you've committed. Trust me on this, your mind and/or body will find displeasure with the new position too.

Practice continued

Consistency is key here.

- **Begin an anchor.** Start with breath and counting first. Then after 20 or so sessions, incorporate sensory mindfulness. This is building a foundation and even after you've mastered all anchors, with many unlisted, you might end up returning to just attending to your breath.

- **Try not to swallow a slight build-up of saliva or moisten your throat if possible but do so if necessary.** This falls into the same principles covered in Movement. Basically if it's obstructing your breath and bringing constant attention to your inhale and exhale, then attend to it. If your throat gets really dry then moisten and swallow. Typically this won't occur until you begin pulling longer hauls anyway.

- **Yawning will become a thing.** I find it easier to just allow a great big yawn rather than trying to subdue one several times over. Release it and re-center. If thwarted, the subdued yawn will round up his crew and they'll come at you in waves, which is pretty damn disturbing. You may experience several moments of yawning and then it will pass... this is natural so weather the storm and enjoy the peace after it passes.

- **You may become a bit sleepy and nod off, pulling what I call the "airplane nap".** You know, when your head and shoulders slowly dip closer and closer towards the ground before whipping back up into a straightened posture. I have witnessed people nod off to the extent their nose was nearly touching the ground. Make sure there's nothing in front of you which could cause harm; glass tables, crystal gardens, or snake pits. Also the constant hissing from snakes will prove annoying. If you nod off then wake up, just

return to your meditation and re-center within your anchors. It's natural for this to occur but your straightened posture will help to minimize meditation naps;)

- **You may fight bouts of tiredness, boredom, and constant thought...** stay strong and remember why you're there. This is a choice, not an unwanted responsibility like work or rearing children. (Just kidding Mom & Dad!) Stick to your goal and the anchors will help you prevail. Once you sail through the storm of tiredness, boredom and the like, the sunny skies of true presence are worth the battle... they're extremely liberating, invigorating, & enlightening. Relish in this experience once you've tasted it!

- **Stick to your anchor(s),** pulling yourself back to them once you notice your attention is raveled within a thought... or thirteen. This may happen ten times in one minute or one time in ten minutes! (which would be seriously impressive on your part). Don't get frustrated as this is completely normal. Keep centering yourself within your anchor(s) and re-center each and every time you realize your focus has drifted to thought.

- **When your timer goes off,** open your eyes and smile at what you see... whatever exists in front of you is a blessing so be happy about it!

- **Give yourself a minute or two to recover after your meditation.** Allow your mind and body to return to reality. Just like a nap don't rush into surgery immediately upon awakening. A quick stretch always helps me and then I beat my chest like a gorilla and scream... but I'm weird like that.

Thoughts

Okay so all that crap above is nothing compared to this endeavor.

This is where the challenge lies, because our mind is constantly trying to hinder our progress at every turn. Our goal is to exist in a space of utter thoughtlessness. No thought, not one... and to maintain that presence indefinitely. That may sound easy at first and if it does then you're obviously an enlightened master who has reincarnated thousands of times as to aid humanity in mass spiritual evolution... or an optimistic dreamer... either way good for you! That's the attitude you want! For some, starting off may not be so easy. Maintaining thoughtlessness for one full second, Onnnnee Mississippi, is an incredible challenge. I'm not pointing this out as to build trepidation for you but to encourage you. For once you've experienced thoughtlessness and how immensely rewarding it is as well as the peace, tranquility, and energy which fills the thoughtless gap, even for a mere second, you'll understand what all the hubbub is about. And this may lead to your pursuit of trying to find that sweet thoughtless state as much as possible.

False Self/Ego/Thinking Mind/Roommate - You are not your thoughts. Read that statement again and consider it. I can go into this at great length but others have expanded on this fact already. I am here to help you understand what to do during your meditation.

- **As you take hold of your anchor “watch” the thought or the thinker with indifference.** By watch, I mean observe and not the wrist-based time telling device. Like one watching a sole ripple on a pond, then a few, then all of them, then the pond itself until your focus takes in all there is in view without attention on one focal point. Allow your mind to be, allow thoughts to come, then release them by utterly divesting attention within them. Let them go as they arise. As if you're walking through a park with somewhere to be, and thoughts are people. Just pass them by with indifference. No judgment, no eye contact, no pause; just continue walking by and a new one will appear. “Walk” by that thought too and keep your focus on your anchor(s).
- **Various unnecessary thoughts will arise, pay them no attention.** Don't favor them with bias nor dismiss them with prejudice. Remain equanimous, indifferent as to what the thought is; attend only to the fact the thought is undesired at the present moment... watch it fade away.
- **One thought will begin, morph into something else, which contorts into another; this one unites with something completely different.** You ride this new combo thought out as the story is entertaining, and you actually want to know what will happen next. But now it's turned into something very unusual, like embarrassing unusual, and then this thought transforms into a completely different thought and you catch yourself in this moment right NOW. Confused? Pause and release that series of thoughts, return to the anchor(s). What started off as picking up the dry cleaning morphed into online shopping for that work event coming up, which then contorted into if this job is right for you, am I serving my purpose? What is my purpose... what would make my parents proud? I miss my parents. Bam! You catch yourself wrapped up in a thought about wanting to visit your parents soon. This will happen, maybe not this exact stream of thoughts, but something like it which is perfectly normal. Seriously it's totally normal; just don't judge. Don't try and understand yourself and your subconscious right now, save that for another time. The takeaway is to catch yourself early on and return to center. Return your focus back to your breath, counting, mindfulness, or a combination of the anchors. Find that place of thoughtlessness and reside within it.

Thoughts continued

Okay so all that crap above is nothing compared to this endeavor.

- **For beginners I sometimes like to paint an analogy, but it's important to use this analogy as a crutch at first.** You must release it eventually, for it too is a thought. Imagine yourself rafting down a winding river. You are not on a raft however, you ARE the raft. You effortlessly flow down the winding river with the current carrying you so. It's autumn and the leaves are falling from the trees and landing upon the river. There are rocks, trees, animals, and other things vying for your attention. You are the raft, the river is your consciousness, the leaves, trees, rocks, and animals are thoughts. Just continue making your way down the river and pay no mind to the thoughts as they try to get your attention. Surrender to the river's current and enjoy the ride. Cruise down the winding route and take in the river as it bends and flows. Don't focus too far ahead and stay with the section of river directly in front of you, and nothing behind. A leaf, tree, or rock may momentarily catch your attention but don't attend to the color, shape, detail, etc. Release. Just continue down the river and allow the river to flow without placing effort within your journey.

- **Be patient. There is no timeline; there is no finish line.** You are not comparing your journey to another's, only to your own. You will notice improvement, celebrate this and continue striving for longer and more frequent pockets of thoughtlessness.

- **The faster you're able to re-center the better, it will begin occurring more naturally as your practice evolves and depending on your investment.** You will, I promise you will; if you follow these steps, sense the peace and liberation of thoughtlessness, awareness, and mindfulness. Be patient. Eventually you might find yourself within an entire span of mindfulness. You'll feel centered within the present moment, without the burden of suffering brought on by incessant thoughts and emotions interrupting your peace. "Wow. Just wow... this is me, this is freedom, this is my true essence, spirit, soul, realizing its true identity. Wow."

- **Lastly, realize how blessed you are to have such an opportunity to focus on a meditation practice.** Many individuals are not blessed with such an opportunity, so cherish this blessing and thank whomever or whatever you feel called to thank after each session.

*"You are not comparing your journey to another's,
only to your own."*

Routine

You may have been asking yourself how long each meditation session should be, good question.

I've waited to tell you up until this point as to show you there are quite a few considerations to implement as you begin. Ten minutes minimum, fifteen is better, and twenty is great for starters. Anything less than ten minutes just isn't enough, as your body and mind won't have time to settle and therefore reap the rewards of a full meditation. Commit to once a day for your chosen time period and make it a priority. I would start with a morning session at first; it's a great way to setup the rest of your day. After you get comfortable and realize the results of your investment, you may consider incorporating another session before bed. Some people prefer an afternoon session to split up their day. Two twenty minute sessions will lead to accelerated growth if you can afford the time within your schedule. Remember, the benefits of meditation will seep into every facet of your life, invigorating & strengthening them. So if it feels like an undesired obligation, then give yourself time and - It. Will. Get. Better! You will notice a difference in your heart and the quality of peace filling your life!

*"Remember,
the benefits of meditation will
seep into every facet of your life,
invigorating AND strengthening them"*



Get to know Joe

Hi again friend,

I began my meditation journey many years ago before being rocketed into a spiritual pursuit following the loss of my wife, soulmate & Beloved; Jessica Marie. This trying time served as a foundation of discovery for both my spiritual evolution and mental understanding. I share journals about my process and teach others how to perceive their reality in a way which helps to liberate them from suffering. I'm also finishing up on a novel I've been working on for four years as I've traveled the world, volunteered, soul searched, and grown. If you feel moved to learn a bit more and want to keep updated on new developments, please feel free to visit my website; www.joe-hehn.com and explore a bit. My YouTube Channel has a bunch of helpful videos as well as various guided meditations to help if you need a bit more support as you begin. I consider it an honor for you to visit and I look forward to crossing paths one day soon... and I wish you many blessings upon your meditation voyage.

Journey well friend.

MEDITATION CHEAT SHEET

STEP 1 Location

- Consistant quiet space.
- Silence is key.
- No scents.
- Choose your spot and stick with it (chair, cushion etc).

STEP 2 Posture

- Sit upright with straight spine and neck.
- No tension, shoulders back.
- Hands upright on legs, cupped in one another or laying atop knees.
- Mouth slightly open, tongue touching roof.
- Breathe with your belly, close your eyes.

STEP 3 Anchors

- Inhale (1, 2, 3...).
- Exhale (4, 5, 6...).
- Focus on your breath.
- Stick to what is natural.
- Fully observe your environment with your senses.

STEP 4 Practice

- Set a timer, light stretch, sit & settle.
- Position hands, teeter into position.
- Align spine, neck & head.
- Relax neck, shoulders, face & eyes.
- Don't move, settle your body further.
- Begin attending to your breath.
- Add additional anchors after a few exhales.
- Pull yourself back to your anchors if your focus has drifted.
- Release all thoughts with indifference.
- Center yourself within your anchor.
- Open your eyes and smile when your timer goes off.
- Allow a minute or two to return back to reality.

STEP 5 Routine

- Once a day for 15-20 minutes in the morning.
- Incorporate another 15-20 minute session before bed.
- Two 20 minute sessions will lead to accelerated growth.

Remember, the benefits of meditation will seep into every facet of your life, invigorating & strengthening them. So if it feels like an undesired obligation then give yourself time and it will get better! You will notice a difference in your heart and the quality of peace which expands within your reality.

Journey well friend.



*"Take it slow,
enjoy the ride*

*and be compassionate towards yourself
as you evolve within your practice...*

*the results seep into
every facet of your being.*

Be Patient.

*There is no timeline,
there is no finish line."*

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