

## My 10 Tips on Starting a General Meditation Practice

1. Set your alarm 10 to 15 minutes earlier than usual.
2. Use that extra time upon awakening to start your meditation practice.
3. Focus on your breathing and take deep breaths on the inhale and exhale.
4. On the inhale: breathe in any positive affirmation like gratitude, joy, happiness or unconditional love.
5. On the exhale: breathe out any negative feelings you may harbor like fear, doubt, anger or worry.
6. Visualize white light washing over your body and through your body clearing your energy of negative emotions.
7. Visualize your heart space (in the center of your chest) and see white light emanating outward from your soul and into the world, spreading unconditional love and light.
8. If your mind wanders, redirect to your breathing or to visualizing yourself immersed in radiating white light.
9. Express 5 things you are grateful and appreciative for (in your mind or on paper).
10. Set a positive intention for your day. I use one that I discovered from Gabby Bernstein which has the following components and you fill in the rest. \*

Today,  
I want to feel...  
I want to be a person who is...  
I want to give...  
I want to receive...

\*Mine for example might be: I want to feel happiness, excitement and peace today. I want to be productive and creative. I want to give love, light and joy to others. I want to receive love, light and abundance.

Note:

- You may alternatively start with a guided meditation of your choice or combine my tips with a guided practice.