

A woman with long blonde hair is sitting in a meditative lotus position on a blue mat on a grassy lawn. She is wearing a light blue t-shirt and white pants. Her hands are pressed together in a prayer position (Anjali Mudra) near her chest. Her eyes are closed, and she has a serene expression. The background features a white wooden fence, several potted plants, and a house with a window. The entire scene is overlaid with a semi-transparent white rectangle containing text.

3 Quick & Easy Steps to Meditation

The Simple Steps
to Quickstart Your
Meditation Practice

Created by Tonya Yancey

Hi, I'm Tonya Yancey.

Welcome, friend! I am so happy that you have taken the first step to begin your meditation practice.

A few things about me:

- I am a certified 500 hour Hatha Yoga Instructor.
- I love practicing and teaching a dynamic vinyasa class, with a meditation practice to close out the class.
- I struggled for years to create a consistent meditation practice.
- My daily meditation practice brings focus, calm, and peace to my day.
- In addition to my meditation and yoga practice, I love drinking tea, running, hiking, kayaking, spending lots of time with my husband and our two children, and enjoy reading.

What is Meditation?

Simply, meditation is a daily practice that develops self-awareness and focused attention. It seems simple, but many people struggle with creating a consistent habit. Our thoughts are very distracting and often control our behaviors. Our behaviors begin in our mind, as a thought then flow through our words and become our deeds. Meditation is practicing sustained awareness of our breath for a set time while noticing thought patterns, sensations within the body, emotions, and whatever arises during our meditation.

The mind is designed for thought and having thoughts is normal in meditation. The goal is not to stop the flow of thoughts but to become aware of thought patterns and not be controlled by them. Meditation increases self-awareness and insight. There is no “right” or “wrong” way to meditate. It is merely just showing up for daily consistent practice, focusing on the breath for a set time period.

The 4 Qualities of Mindfulness.

1. To be present.
2. To look deeply within the Self.
3. To begin to remember who you are.
4. Keep it simple.



Benefits of Meditation:

- Increases focus and concentration.
- Reduces anxiety and stress.
- Decreases mind chatter.
- Creates deeper connections to others.
- Increases compassion towards ourselves and others.
- Enhances self-awareness.
- Improves emotional well-being and self-regulation.

Common Excuses to Avoid Meditation:

- I don't know-how.
- It's boring.
- I don't have time.
- My mind is too active and scattered.
- I can't sit still.
- I am unable to focus for any amount of time.

Tips for Meditation Practice:

- It's okay to look at and/or check the timer.
- It's normal for the mind to wander. Meditation does not stop thoughts.
- There is no perfect way to meditate. Your experience is part of your practice.
- It's normal to struggle with developing a meditation habit.
- When your life gets chaotic and you fall off the meditation wagon, just restart your practice as soon as you can.
- Download Insight App or any other meditation timer app.

Do you have a goal for your meditation practice? Is there a certain outcome that you would like to experience?

Step 1:

Commit to daily practice. Consistency is the key.

Commit to a daily practice, even if you only have the time for 1 minute of silent practice. Pledge to yourself to not allow the sun to set without spending at least a minute of dedication to your practice. Staying consistent is the key to your success. The aim is for 10 minutes of daily practice and to work up to 20 minutes.

- Consistency is more important than the amount of time spent in meditation.
- Choose a time of day for your practice, generally, morning or evening works best.
- Schedule your meditations. Write it down.

Step 2:

Choose your space.

This is the quiet space that you choose to sit in practice, free from distractions and clutter. Pick one place. This space can be in your home or outdoors. You can choose to create a small haven with candles, incense, prayer beads, or essential oils.

Keep it simple and don't overthink it.

Step 3:

Comfort.

It is important to be comfortable. Find a sitting position that allows you to find a comfortable posture and supports you in maintaining a straight spine and an upright position throughout your practice.

- Wear cozy clothing.
- Sit on blankets, a cushion, in a chair, or on a bolster.
- Use a wall against your back to support your spine.

Bonus:

Guided Meditation

https://www.instagram.com/tv/CdvlHcqll_7/?utm_source=ig_web_copy_link

How much time are you willing to devote to your daily meditation practice? Which time works best for you? In what ways do you think that meditation practice will benefit you? Write it down.

Thank You for downloading this guide!

All that you need to get started is an open mind and dedication. I am here to support you and I want to cheer you along your journey.

Connect with me on Social Media!

Instagram

https://www.instagram.com/yoga_by_tonya/

TikTok

https://www.tiktok.com/@yoga_by_tonya

Facebook

<https://www.facebook.com/yogabytonya>

YouTube (You can access my meditation videos.)

<https://www.youtube.com/channel/UCtqzV2v8H-i5XniTdkUFyFA><https://www.yogabytonya.com/>

