



M E D I V A N A

MEDITATION FOR BEGINNERS

A SIMPLE GUIDE TO CALM YOUR MIND,
UNDERSTAND MEDITATION & BUILD YOUR PRACTICE

YOUR
JOURNEY
TO STILLNESS
STARTS HERE



GÜLCAN AKTAŞ

MEDITATION TEACHER

Welcome to MediVana

Welcome to MediVana.

Meditation can sometimes feel more complicated than it needs to be. You may wonder how to sit, how to breathe, how long to meditate, or what you are supposed to do with all the thoughts in your mind.

Maybe you have even tried meditation before and thought: *"I can't do this. My mind is too busy."*

But meditation is not about having an empty mind. It is not about sitting perfectly still or doing everything right.

Meditation is about learning to slow down, become more aware of yourself and create moments of stillness in your everyday life.

I created MediVana because I believe meditation should be accessible to everyone. You don't need hours of free time, expensive equipment or years of experience. You can start exactly where you are, even if you only have five minutes.

In this guide, I will take you through the basics step by step. You will learn what meditation is, how to find a comfortable position, how to work with your breath and thoughts, and how to build a meditation practice that fits into your life.

There is no perfect way to meditate.

Some days your mind will feel calm. Other days you may have a hundred thoughts. Both are completely normal. The goal is not perfection. The goal is to keep coming back.

Take your time with this guide. Try the exercises, discover what works for you and allow your practice to develop naturally.

**Your journey doesn't start with an empty mind.
It starts with a moment of awareness.**

Welcome to MediVana.

Gülcan Aktaş
Founder of MediVana



What Is Meditation?

Meditation is a practice of training your attention and awareness.

At its core, meditation is surprisingly simple. You intentionally bring your attention to something that is happening in the present moment. This could be your breathing, sensations in your body, sounds around you, a word or phrase, an image, or simply whatever you are experiencing right now.

Your attention will eventually wander.

You may suddenly start thinking about work, something that happened yesterday, what you are going to eat later, a conversation you had, something you need to remember, or something you are worried about.

Then, at some point, you notice:

"I was thinking."

That moment of noticing is important.

Instead of becoming frustrated with yourself, you simply acknowledge that your attention has wandered and gently bring it back to your chosen point of focus.

And then it happens again.

You focus.
Your mind wanders.
You notice.
You return.

This simple process is one of the foundations of meditation.

Meditation is therefore not about forcing your mind to become completely silent. It is about becoming more aware of what your mind is doing.



Meditation Is a Practice, Not a Performance

There is no score at the end of a meditation.

You do not “win” because you had fewer thoughts.

You do not fail because you became distracted.

And a meditation is not automatically better because you meditated for thirty minutes instead of five.

Meditation is a practice.

Just like training your body, learning a language or developing any other skill, meditation develops through repetition.

Every time you notice that your attention has wandered and consciously bring it back, you are practising awareness and attention.

Some meditation sessions may feel peaceful.

Others may feel restless.

Sometimes five minutes may feel effortless. On another day, two minutes may feel surprisingly difficult.

This does not necessarily mean that one meditation was successful and the other was unsuccessful.

You are simply observing different states of your mind and body.

The Biggest Misconception: “I Need to Stop Thinking”

One of the most common things beginners say is:

“I can't meditate because I can't stop thinking.”

This is based on a misunderstanding of meditation.

You do not need to stop thinking in order to meditate.

Thoughts are a normal function of the mind.

Your brain produces thoughts throughout the day. During meditation, you may actually become more aware of them because there are fewer external distractions.

Normally, you might be working, talking, watching television, checking your phone, listening to music or moving from one task to another.

When you sit quietly, suddenly you notice how much is happening inside your mind.

It can feel like meditation has made your mind busier.

Often, the thoughts were already there.

You are simply noticing them.

That is an important distinction.

Imagine Your Thoughts Like Clouds

Imagine sitting outside and watching clouds move across the sky.

You do not need to stop the clouds.

You do not need to chase them.

You do not need to decide whether each cloud is good or bad.

You can simply notice:

There is a cloud.

And allow it to continue moving.

Thoughts can be approached in a similar way.

A thought appears.

You notice it.

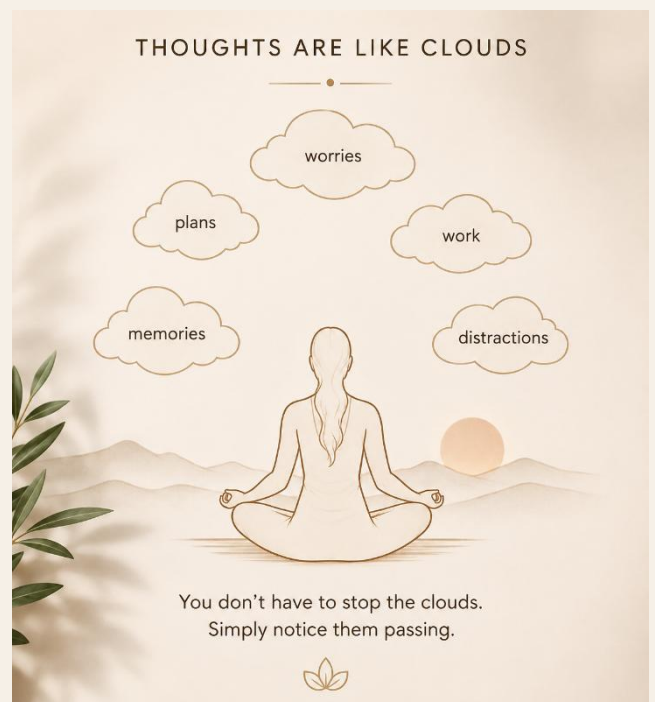
And instead of automatically following it, you practise returning your attention to the present moment.

The goal is not:

“I must not think.”

A more helpful approach is:

“I noticed that I was thinking, and now I can return.”



That return is part of the meditation.

What Happens When Your Mind Wanders?

Imagine that you are focusing on your breathing.

You notice the air moving through your nose.

You feel your chest or abdomen gently rise and fall.

Then suddenly you are thinking:

“I need to answer that email.”

That thought reminds you of work.

Work reminds you of a meeting.

The meeting reminds you of something someone said.

Before you know it, you have spent a minute having an entire conversation inside your head.

Then suddenly:

“Oh. I was supposed to be focusing on my breath.”

Many beginners think this means they failed.

It doesn't.

That moment when you realize that your attention has wandered is actually a moment of awareness.

You noticed what your mind was doing.

Now you simply return:

Thinking → noticing → returning.

You may repeat this process many times during a single meditation.

That is normal.

Your Anchor

Many meditation practices use something called an **anchor**.

An anchor is simply something you intentionally return your attention to.

For beginners, the breath is one of the easiest anchors because it is always available.

You don't need any equipment.

You don't need to change your breathing.

You simply observe it.

Your anchor could be:

- your breath;
- sensations in your body;
- sounds;
- a mantra;
- an object;
- a visualisation;
- your footsteps during walking meditation;
- the voice guiding you during a guided meditation.

Imagine your anchor as your “home base.”

Your attention leaves.

You notice.

You come home.

Again and again.

Meditation Is About Awareness

Meditation can help you become more aware of what is happening inside and around you.

For example, you may start noticing:

“I am tense.”

“My shoulders are raised.”

“My breathing is shallow.”

“I am worrying about tomorrow.”

“I am irritated.”

“I am tired.”

“I keep thinking about the same situation.”

The purpose is not necessarily to immediately change everything you notice.

Sometimes the first step is simply becoming aware of it.

This is an important part of meditation.

There is a difference between **experiencing something** and **being aware that you are experiencing it**.

You can be stressed without consciously noticing your stress.

You can be tense without realizing that your jaw is clenched.

You can spend twenty minutes worrying without noticing that your mind has been imagining future situations.

Meditation creates an opportunity to observe these experiences more consciously.

Meditation and the Present Moment

A large part of our mental activity concerns either the past or the future.

We remember.

We analyse.

We replay conversations.

We imagine what might happen.

We plan.

We worry.

We anticipate.

Meanwhile, our body exists in the present moment.

Meditation repeatedly brings attention back to what is happening **now**.



Your breath is happening now.

A sound is happening now.

A physical sensation is happening now.

You are sitting here now.

This doesn't mean you should never think about the past or plan for the future. Both are necessary parts of life.

Meditation simply gives you an opportunity to practise intentionally returning your attention to your current experience.

Meditation Is Not About Controlling Every Thought

Trying desperately not to think can actually make meditation more frustrating.

Imagine someone saying:

“For the next thirty seconds, do not think about a pink elephant.”

What happens?

A pink elephant probably appears in your mind.

Trying to suppress thoughts can make us even more focused on them.

Meditation takes a different approach.

Instead of:

“This thought needs to disappear.”

You can practise:

“There is a thought.”

You don't have to fight it.

You don't have to analyse it.

And you don't have to follow it.

You can notice it and return to your anchor.

You Are Not Your Thoughts

Meditation can also introduce an important distinction:



Having a thought is not the same as the thought being true.

Your mind may produce thoughts such as:

“I can't do this.”

“Something will go wrong.”

“I should have done something differently.”

“Everyone is judging me.”

“I will never be good at meditation.”

A thought is a mental event.

You can notice it without automatically accepting it as fact.

Meditation can create a small space between experiencing a thought and reacting to it.

Instead of immediately becoming absorbed in the thought, you can begin to recognise:

“I am having the thought that I can't do this.”

That is different from:

“I can't do this.”

This ability to observe thoughts rather than automatically following every thought can become useful far beyond meditation itself.

What Meditation Is NOT

Understanding what meditation isn't is just as important.

Meditation is not about having zero thoughts.

Thoughts will appear. That is normal.

Meditation is not about being perfectly calm.

You can meditate while feeling restless, irritated, sad, distracted or stressed.

Meditation is not about escaping your problems.

Meditation does not remove every difficult situation from your life. It can help you become more aware of how you relate to your experiences.

Meditation is not sleeping.

Deep relaxation may make you sleepy, especially when you are tired, but meditation generally involves maintaining awareness.

Meditation is not automatically religious.

Meditation has roots in various religious and contemplative traditions, but it can also be practised in secular settings.

Meditation does not require a special personality.

You don't need to be naturally calm, spiritual or patient.

Meditation doesn't require sitting cross-legged.

You can meditate sitting on a chair, on a cushion, kneeling, standing, walking or, in some practices, lying down.

Meditation doesn't have to take an hour.

A beginner can start with only a few minutes.

Meditation is not about doing everything perfectly.

There is no perfect meditation session.

Meditation Is More Than Relaxation



Relaxation and meditation are related, but they are not exactly the same thing.

You may feel deeply relaxed after meditation.

But relaxation does not have to be the goal.

Sometimes meditation makes you aware of tension, emotions or thoughts that you had previously ignored.

A meditation session can therefore occasionally feel uncomfortable.

That doesn't automatically mean that you are doing something wrong.

Instead of asking:

“Did this meditation make me relaxed?”

a more useful question can sometimes be:

“Was I able to notice what was happening?”

Because awareness is at the centre of meditation.

Do You Need to Clear Your Mind?

No.

Think of meditation less as **emptying your mind** and more as **changing your relationship with what appears in your mind**.

Instead of automatically becoming involved with every thought:

Thought appears

↓

You notice it

↓

You allow it to be there

↓

You return your attention

This process may happen once.

It may happen ten times.

It may happen fifty times.

You are still meditating.

In fact, every return gives you another opportunity to practise directing your attention intentionally.

What Should Meditation Feel Like?

There is no single feeling you are supposed to experience.

During meditation you might feel:

calm, restless, relaxed, bored, sleepy, focused, distracted, emotional, peaceful, impatient, comfortable or uncomfortable.

Your experience can also change during the same meditation.

You may begin feeling restless, become calm after several minutes and then suddenly start thinking about something again.

That is normal.

Try not to judge the meditation based entirely on how pleasant it felt.

Meditation is not a competition to produce the most peaceful feeling possible.

Am I Doing It Right?

Beginners often ask this question.

A simple way to look at it is:

If you intentionally placed your attention somewhere, noticed when your mind wandered and returned your attention, **you were practising meditation.**

It does not matter if your mind wandered repeatedly.

The noticing matters.

The returning matters.

The practice matters.

A Simple Example

Let's try something very small.

Sit comfortably.

You don't need a special meditation posture.

Allow your shoulders to relax.

You can close your eyes or keep them softly open.

Now notice one breath.

Don't change it.

Simply notice yourself breathing in.

And breathing out.

Then notice another breath.

At some point, a thought may appear.

Maybe:

"Am I doing this correctly?"

Notice the thought.

You don't need to answer it.

Return to your breathing.

In.

Out.

Your mind wanders again.

Notice.

Return.

That's it.

You have already practised one of the fundamental skills of meditation.

The MediVana Approach

At MediVana, meditation doesn't have to be complicated.

You don't need to become a different person before you can begin.

You don't need a completely quiet home.

You don't need to sit perfectly.

And you definitely don't need to stop thinking.

We begin with three simple principles:

Notice. Accept. Return.

Notice what is happening.

Accept that this is your experience in this moment, without immediately judging yourself for it.

Return your attention gently to your chosen anchor.

Again.

And again.

And again.

That is practice.

And over time, those small moments of awareness can become something you take with you beyond your meditation session — into your work, your relationships, your routines and your everyday life.

Meditation isn't about escaping your life.

It's about learning to be more present for it.

Why Do People Meditate?

People start meditating for many different reasons.

Some are looking for a moment of calm in a busy life. Others want to manage stress, improve their focus, understand themselves better or become more present in their everyday lives.

And sometimes, people begin simply because they are curious.

There is no single “right” reason to meditate.

You don't need to be stressed to meditate. You don't need to be going through a difficult period. And you don't have to be searching for a spiritual experience.

Meditation can simply be a way to regularly stop, turn your attention inward and notice what is happening in your mind and body.

In a world where our attention is constantly being pulled in different directions, that can be valuable in itself.

1. To Create Moments of Calm

Life can be noisy.

Messages, notifications, work, responsibilities, conversations, social media, appointments and endless to-do lists can fill almost every part of the day.

Even when we physically stop, our minds may continue.

You sit on the sofa, but you are thinking about tomorrow.

You go to bed, but you replay a conversation from earlier.

You have a free moment, but automatically reach for your phone.

Meditation creates an intentional pause.

For a few minutes, you don't have to achieve anything.

You don't have to answer anyone.



You don't have to solve everything.

You simply stop and pay attention.

This doesn't guarantee that your mind will immediately become quiet. As we learned in the previous chapter, thoughts are completely normal during meditation.

The difference is that you are giving yourself permission to step out of constant activity for a moment.

Sometimes that creates a feeling of calm.

Sometimes it simply makes you realise how busy you actually are.

Both can be useful.

2. To Become More Present

How often are you physically somewhere while your mind is somewhere else?

You are eating while watching your phone.

Walking while thinking about work.

Talking to someone while already preparing your response.

Taking a shower while mentally going through your to-do list.

We spend a lot of time thinking about what already happened or what might happen next.

Meditation trains us to return to what is happening right now.

The sensation of breathing.

The feeling of your feet touching the floor.

Sounds around you.

Sensations in your body.

The experience of this particular moment.

This doesn't mean you should live every second in perfect awareness.

That isn't realistic.

Instead, meditation gives you repeated opportunities to recognise when you have disappeared into your thoughts and consciously return to the present.

That skill doesn't have to stay on the meditation cushion.

You can practise it while eating.

While walking.

While exercising.

While having a conversation.

While drinking your morning coffee.

Even while waiting in line.

Meditation can gradually become less about something you “do” for ten minutes and more about how consciously you experience your day.

3. To Understand Yourself Better

Meditation gives you an opportunity to observe yourself without immediately reacting.

When external distractions become quieter, you may begin to notice patterns that usually happen automatically.

Perhaps you notice that you worry about situations that haven't happened yet.

Maybe you replay old conversations.

Perhaps you are very critical of yourself.

You might notice that certain thoughts keep returning.

Or that your body becomes tense whenever you think about a particular situation.

Meditation doesn't necessarily give you immediate answers.

Instead, it creates space to notice.

And awareness often comes before change.

You cannot consciously change a pattern you don't realise is happening.

This is one reason meditation can become a form of self-discovery.

You begin to learn:

What am I thinking?

What am I feeling?

Where do I hold tension?

What repeatedly captures my attention?

How do I react when I am uncomfortable?

What happens when I don't immediately distract myself?

You are learning to observe your inner world.

Not to judge it.

Not to fix everything.

Simply to understand it better.

4. To Relate Differently to Stress

Stress is a normal part of life.

Meditation cannot remove deadlines, financial responsibilities, difficult conversations, traffic, uncertainty or other challenges.

But meditation may help change the way you notice and respond to stressful experiences.

Imagine something stressful happens.

Your mind immediately starts producing thoughts.



Your breathing changes.

Your shoulders tense.

Your heart may beat faster.

You feel irritated or overwhelmed. Then you react.

Often this entire process happens automatically.

Meditation can help you become more aware of those early signals.

You may begin to notice:

“My breathing has become shallow.”

“My jaw is tense.”

“I’m having the same worried thought again.”

“I’m becoming overwhelmed.”

That awareness creates a small but important opportunity:

Pause before reacting.

You may still feel stressed.

The goal is not to become a person who never experiences stress.

Instead, meditation can help you become more aware of your response to stress.

5. To Improve Attention and Focus

Our attention is constantly being interrupted.

You start working.

A notification appears.

You check your phone.

You remember something else.

You open another app.

A few minutes later, you realise you have completely forgotten what you originally intended to do.

Meditation involves repeatedly practising attention.

For example:

You focus on your breath.

Your mind wanders.

You notice.

You return.

Your mind wanders again.

You return again.

That may sound extremely simple, but this repeated act of directing and redirecting attention is central to many meditation practices.

Think of it as attention training.

The goal isn't to develop perfect concentration.

It is to become better at recognising when your attention has moved somewhere unintentionally.

That can also become useful outside meditation.

6. To Become More Aware of the Body

Many of us spend a surprising amount of time “in our heads.”

We think, plan, analyse and solve problems while paying relatively little attention to physical sensations.

Meditation can bring attention back into the body.

You might notice:

tight shoulders,

a clenched jaw,

warmth,

cold,

pressure,

tingling,

your heartbeat,

your breathing,

or the feeling of your body being supported by the chair or floor.

Body-based meditation practices, such as a body scan, intentionally move attention through different areas of the body.

This can help you become more familiar with physical signals.

Sometimes you may realise that your body was tense long before you consciously recognised that you were stressed.

7. To Become Less Reactive

Something happens.

You feel something.

You react.

This can happen incredibly quickly.

Someone says something irritating and you immediately respond.

You receive a message and instantly feel anxious.

Something doesn't go according to plan and frustration takes over.

Meditation doesn't mean you will stop having emotional reactions.

It can, however, help you practise noticing what is happening before automatically acting on it.

Think of it like this:

Trigger → Feeling → Reaction

With greater awareness, there may sometimes be another step:

Trigger → Feeling → Awareness → Choice → Response

That small space can matter.

You may still decide to respond.

But instead of reacting entirely on autopilot, you have an opportunity to choose how you want to respond.

8. To Become More Aware of Emotions

Meditation isn't only about thoughts.

Emotions can also become part of your awareness.

You may notice sadness.

Joy.

Frustration.

Fear.

Excitement.

Loneliness.

Gratitude.

Restlessness.



Instead of immediately trying to get rid of an uncomfortable emotion, some meditation practices encourage you to first recognise what is present.

For example:

“There is frustration.”

“I feel nervous.”

“There is tension in my chest.”

This doesn't mean you have to like the feeling.

It means allowing yourself to notice it before deciding what to do with it.

Over time, this can help you become more familiar with your own emotional patterns.

9. To Develop Self-Compassion

Many people speak to themselves in ways they would never speak to someone they care about.

“Why can't I do this?”

“I'm not good enough.”

“I always mess everything up.”

Even meditation itself can trigger this inner criticism.

You become distracted and immediately think:

“I’m terrible at meditation.”

Meditation gives you an opportunity to practise another response.

Instead of judging yourself for becoming distracted:

“My mind wandered. That’s okay. I’ll return.”

This may seem like a very small change.

But it introduces a different way of relating to yourself: noticing without immediately criticising.

Certain practices, particularly loving-kindness and compassion meditation, specifically focus on developing kindness and compassion toward yourself and others.

10. To Slow Down Automatic Living

Think about your normal morning.

Perhaps you wake up.

Check your phone.

Get dressed.

Drink coffee.

Go to work.

Complete tasks.

Eat.

Scroll.

Watch something.

Go to sleep.

And then repeat.

There is nothing inherently wrong with routines.

We need them.

But when too much of life happens automatically, days can begin to pass without us really noticing them.



Meditation introduces moments of intentional awareness into that routine.

It asks:

What is happening right now?

Not yesterday.

Not next week.

Right now.

How does your body feel?

What is your mind doing?

What emotion is present?

What can you hear?

How are you breathing?

For a moment, you are not simply moving through life.

You are noticing that you are living it.

11. To Create Space Between Thoughts and Actions

Imagine you suddenly think:

"I need to check my phone."

Normally, the next action may happen almost automatically.

Thought → phone.

During meditation, you practise something different.

A thought appears.

You notice the thought.

But you don't necessarily act on it.

You remain seated.

You return to your breath.

This teaches an interesting lesson:

Not every thought requires an action.

Not every urge needs to be followed immediately.

Not every emotion needs an instant response.

Sometimes you can simply notice what is happening and allow it to pass.

That principle can become useful in everyday life as well.

12. To Build a Better Relationship With Yourself

Meditation creates something many people rarely experience:

time alone with themselves without needing to accomplish anything.

There is no screen.

No conversation.

No task to complete.

No performance.

Just you and your experience.

At first, this can actually feel uncomfortable.

You may notice boredom.

Restlessness.

Impatience.

Thoughts you usually distract yourself from.

That's not necessarily a problem.

Meditation can gradually teach you to spend time with yourself without constantly needing external stimulation.

You begin to become curious about your own inner world.

And that can create a deeper sense of self-awareness.

13. To Live More Intentionally

Ultimately, meditation is not only about what happens while your eyes are closed.

The practice can influence how you approach the rest of your day.

You may begin to notice when you are rushing unnecessarily.

When you are eating without tasting your food.

When someone is talking and you aren't really listening.

When your body needs rest.

When you are reacting emotionally.

When your mind has spent half an hour worrying about something that hasn't happened.

Awareness gives you an opportunity to make a conscious choice.

Sometimes you will still continue exactly as before.

Other times you may choose differently.

That is part of living more intentionally.

Does Science Support Meditation?

Meditation is not only a wellness trend. It has been studied extensively, particularly mindfulness-based practices.

Research suggests that mindfulness meditation and structured mindfulness programs can be associated with improvements in areas such as stress, anxiety and depression symptoms, while research has also investigated effects on attention, sleep and quality of life.

At the same time, meditation should not be presented as a miracle cure.

Research results vary depending on the type of meditation, the people participating, the duration of practice and what is being measured. Some effects are modest, and meditation is not a replacement for appropriate medical or psychological treatment when that is needed.

For MediVana, the most useful message is therefore not:

“Meditation will fix everything.”

It is:

Meditation is a skill you can practise to develop greater awareness of your mind, body and present experience.

You Don't Have to Feel Calm to Benefit From the Practice

This is especially important for beginners.

You may finish your first meditation and think:

“I don't feel any different.”

That's okay.

Meditation isn't a button you press to instantly become relaxed.

Some days you may feel calmer afterward.

Some days you won't.

Sometimes the most valuable thing you discover during a meditation is simply:

“Wow, my mind is really busy today.”

That's awareness.

And awareness is part of the practice.

Don't measure every meditation by asking:

“Did I feel relaxed?”

Try asking:

“What did I notice?”

That changes the entire experience.

Your Reason May Change

The reason you begin meditation doesn't have to be the reason you continue.

You might start because you want less stress.

Later, you may appreciate the increased awareness.

Then you may discover that meditation gives you a few quiet minutes before a busy day.

Eventually, it may simply become part of your routine.

There is no required destination.

Your meditation practice can develop with you.

Find Your Why

Before continuing to the next chapter, take a moment.

*Why are **you** interested in meditation?*

Don't think about what your answer is supposed to be.

What would you genuinely like to experience or develop?

Complete these sentences:

I want to start meditating because...

I would like to become more aware of...

The part of my life where I could use more calm or presence is...

If meditation became part of my routine, I hope it would help me...

Then finish with one sentence:

My reason for meditating is:

Keep this answer.

You can return to it later in your journey.

The MediVana Reminder

You don't have to meditate because you want to become a calmer, better or completely different version of yourself.

You can meditate simply because you want to become more aware of the life you are already living.

Slow down.

Notice more.

React less automatically.

Be here for your own life.

That is where meditation begins.

What Happens When You Meditate?

You sit down.

You become still.

Maybe you close your eyes.

And then what?

From the outside, meditation can look like nothing is happening. You are simply sitting quietly, breathing.

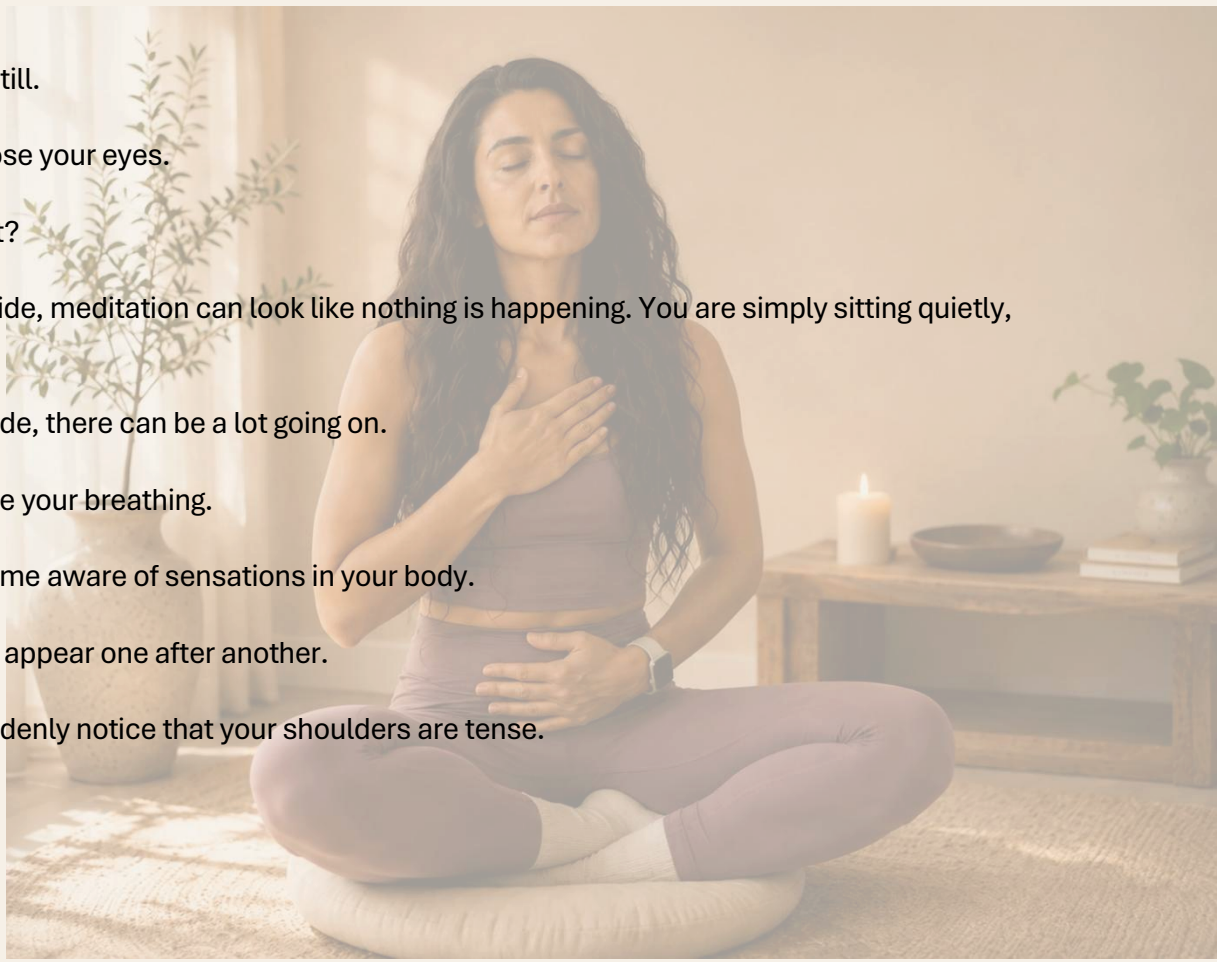
But on the inside, there can be a lot going on.

You may notice your breathing.

You may become aware of sensations in your body.

Thoughts may appear one after another.

You might suddenly notice that your shoulders are tense.



You may hear sounds you normally ignore.

You might feel calm — or surprisingly restless.

This is all part of meditation.

Meditation gives you an opportunity to pay attention to experiences that are often happening in the background while you move through your day.

You are not trying to force yourself into a particular state.

You are practising something much simpler:

paying attention to what is happening, while it is happening.

Your Attention Has Somewhere to Go

Most meditation practices give your attention something to focus on.

This is often called an **anchor**.

Your anchor could be your breath, sensations in your body, sounds around you, a mantra, a visualisation or the voice guiding your meditation.

Let's use the breath as an example.

You begin by noticing your breathing.

You feel the inhale.

You feel the exhale.

For a moment, your attention is there.

Then something happens.

A thought appears.

“What am I going to make for dinner?”

Your attention follows it.

Then another thought appears.

“I still need to answer that message.”

And another.

“What time do I have to leave tomorrow?”

For a while, you may completely forget that you were meditating.

Then suddenly, you notice.

“Oh. My mind wandered.”

And you return to your breath.

This is not an interruption of meditation.

This is meditation.

You focus.

Your attention wanders.

You notice.

You return.

Again and again.

Your Breath Becomes Something You Notice

You breathe all day without having to think about it.

Most of the time, you probably don't notice your breathing at all.

During meditation, the breath can become an object of attention.

You may notice the air entering and leaving through your nose.

You might feel your chest rising and falling.

You may notice your abdomen gently expanding as you inhale and softening as you exhale.

You don't necessarily have to breathe more deeply or more slowly.

In many meditation practices, you simply observe your natural breathing.

Instead of:

“How should I breathe?”

try:

“How am I breathing right now?”

That small difference matters.

You are moving from controlling your experience to observing it.

Your Breathing May Change Naturally

Something interesting may happen as you become still.

Your breathing may gradually change without you deliberately changing it.

Perhaps it becomes slower.

Perhaps softer.

Perhaps deeper.

Or perhaps you notice that your breathing feels fast or shallow.

There is no breathing pattern you have to achieve.

Your task is simply to notice.

If your breathing is slow:

notice slow breathing.

If your breathing is shallow:

notice shallow breathing.

If one breath feels different from the previous one:

notice that too.

Meditation is not about forcing your body to behave a certain way.

It begins with awareness of what is already happening.

You Start Noticing Your Body

When was the last time you consciously noticed how your body felt while sitting?

Not how it looked.

How it **felt**.

During meditation, physical sensations can become much more noticeable.

You may feel:

the weight of your body on the cushion,

your feet touching the floor,

your hands resting on your legs,

the movement of your abdomen,

warmth or coolness, tingling, pressure, tension, your heartbeat, an itch, or discomfort somewhere in your body.

None of these sensations necessarily need to be changed.

You can first simply notice them.

This can be surprisingly revealing.

You may realise that your shoulders have been raised.

Your jaw may be clenched.

Your forehead may be tense.

You may discover that you have been holding tension somewhere without consciously noticing it.

Meditation gives you a chance to reconnect with these signals.

You May Become Aware of Tension

Try this right now.

Without changing anything, notice your jaw.

Is it relaxed?

Now notice your shoulders.

Are they hanging naturally, or are you slightly lifting them?

Notice your hands.

Are they soft or tense?

Notice your stomach.

Are you holding it in?

Often, we don't realise how much physical tension we carry until we intentionally pay attention.

Awareness doesn't mean you have to immediately fix everything.

First:

notice.

Then, if it feels comfortable, you can allow some of that tension to soften.

Your Thoughts May Suddenly Seem Louder

This surprises many beginners.

They begin meditating because they want a quieter mind.

Then they sit down and think:

“Why am I thinking even more than usual?”

You may not actually be thinking more.

You may simply be **noticing your thoughts more clearly.**

During a normal day, your attention is occupied by conversations, work, your phone, music, television, driving, shopping, exercise and countless other activities.

When many of those distractions disappear, your internal activity becomes easier to notice.

Suddenly you hear the mental commentary that was already happening.

You might notice; planning, remembering, worrying, imagining, judging, rehearsing conversations, daydreaming, or completely random thoughts.

That doesn't mean meditation isn't working.

It means you are becoming aware of your mental activity.

Thoughts Will Come and Go

A thought appears. Then another. Then another.

You don't have to solve each one.

Imagine sitting beside a road watching cars pass.

One car appears.

It passes.

Another arrives.

It passes too.

You don't have to get into every car.

Thoughts can be approached in a similar way.

You can notice:

“There is a thought about work.”

And instead of continuing the story, return to your anchor.

Another thought appears.

Notice.

Return.

The goal is not to create a road with no cars.

The practice is learning that you don't have to get into every car that passes.

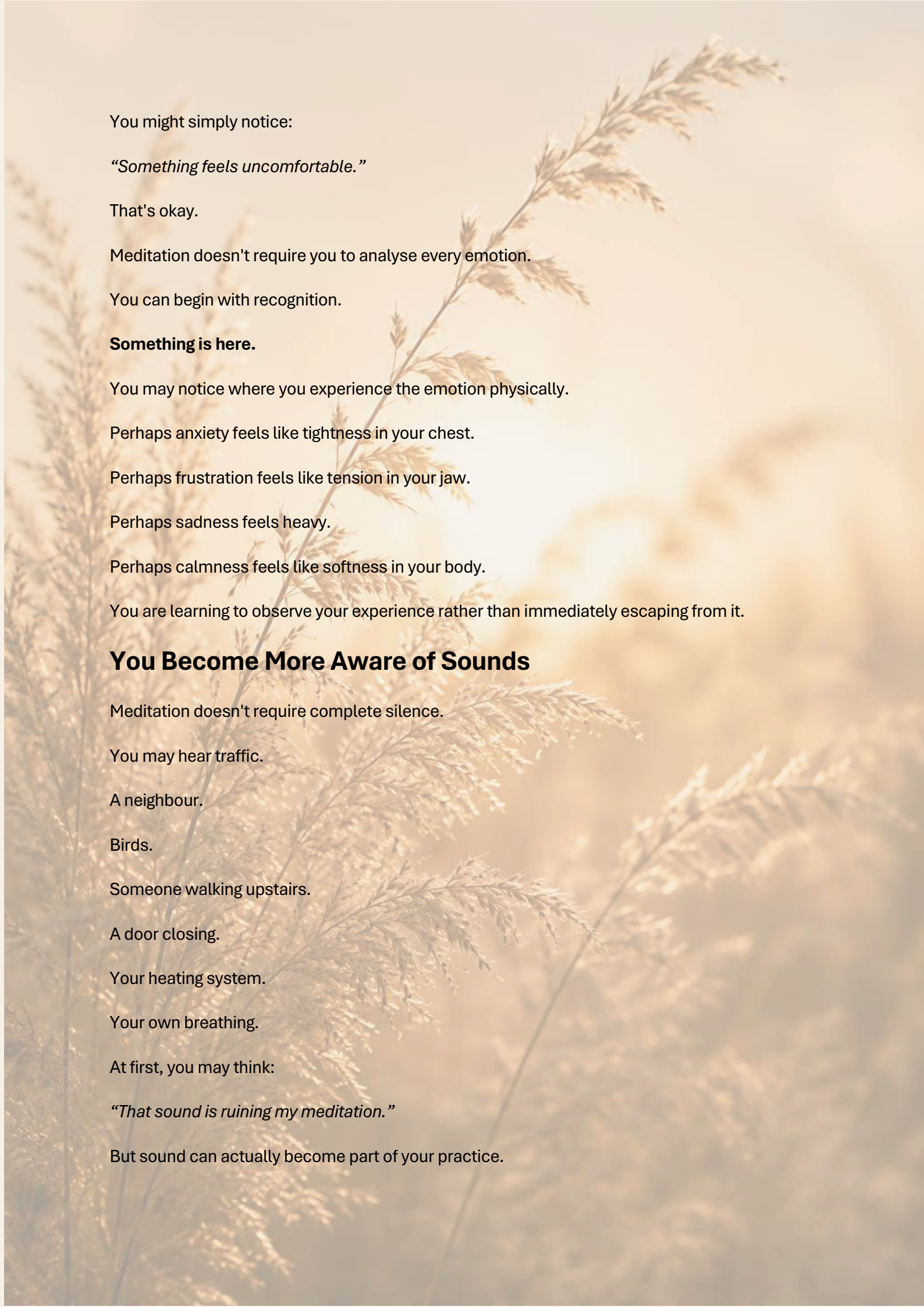
You May Notice Emotions Too

When you become quieter, emotions may become more noticeable.

You may feel peaceful.

But you may also notice frustration, sadness, impatience, anxiety, happiness, gratitude, boredom or excitement.

Sometimes you may not even know exactly what you are feeling.



You might simply notice:

“Something feels uncomfortable.”

That's okay.

Meditation doesn't require you to analyse every emotion.

You can begin with recognition.

Something is here.

You may notice where you experience the emotion physically.

Perhaps anxiety feels like tightness in your chest.

Perhaps frustration feels like tension in your jaw.

Perhaps sadness feels heavy.

Perhaps calmness feels like softness in your body.

You are learning to observe your experience rather than immediately escaping from it.

You Become More Aware of Sounds

Meditation doesn't require complete silence.

You may hear traffic.

A neighbour.

Birds.

Someone walking upstairs.

A door closing.

Your heating system.

Your own breathing.

At first, you may think:

“That sound is ruining my meditation.”

But sound can actually become part of your practice.

Instead of immediately judging:

“That’s annoying.”

try simply noticing:

“Hearing.”

The sound appears.

You hear it.

Eventually it disappears or your attention moves elsewhere.

You don’t have to fight your environment in order to meditate.

You Begin to Notice the Difference Between Experience and Reaction

Suppose you hear a loud noise.

The sound itself happens very quickly.

But your mind may add:

“That’s so annoying.”

“Why can’t people be quiet?”

“Now my meditation is ruined.”

One sound has suddenly created an entire internal conversation.

Meditation can help you begin noticing the difference between:

what happened

and

the story your mind created about what happened.

This can be a powerful insight.

Not only during meditation, but in everyday life.

You Practise Returning

This is one of the most important things happening during meditation.

You are practising returning.

Your attention goes to a thought.

Return.

A sound distracts you.

Return.

You start planning tomorrow.

Return.

You become impatient.

Notice it.

Return.

You remember something embarrassing from five years ago.

Notice.

Return.

Not aggressively.

Not with:

“Why can't I concentrate?”

But gently.

“I wandered. I'm back.”

Every return is another repetition of the practice.

You May Feel Restless

Meditation is often shown as someone sitting completely peacefully with a relaxed expression.

Real meditation doesn't always look or feel like that.

You may want to move.

Your leg may feel uncomfortable.

You might want to check the time.

You may wonder how much longer is left.

You may suddenly remember something you “need” to do.

Your mind might say:

“This is boring.”

Restlessness doesn't mean you are bad at meditation.

It gives you something else to observe.

Instead of immediately reacting, you can become curious.

What does restlessness actually feel like?

Where do you feel it?

Does it stay the same?

Does it become stronger?

Does it eventually change?

Sometimes you may decide to adjust your position.

That's okay too.

Meditation is not about forcing yourself to suffer.

You May Feel Relaxed

At other times, your body may begin to soften.

Your shoulders drop.

Your face relaxes.

Your breathing becomes quieter.

Your thoughts feel less urgent.

You may experience a sense of stillness.

Enjoy it.

But don't make it a requirement.

If you begin every meditation thinking:

“I have to reach that peaceful feeling again,”

you have created another expectation.

Meditation is about meeting the experience you are actually having today — not recreating yesterday's meditation.

You May Feel Bored

Yes, boredom can happen.

Especially when you are used to constant stimulation.

We can fill almost every empty moment now.

Waiting?

Check your phone.

Eating?

Watch something.

Walking?

Listen to something.

Going to bed?

Scroll.

Meditation removes some of that stimulation.

And initially, your mind may protest.

“Nothing is happening.”

But something interesting happens when you don't immediately escape boredom.

You begin to notice the experience itself.

What does boredom feel like?

What thoughts appear?

What are you suddenly tempted to do?

Boredom can become part of your meditation rather than a reason to stop.

Your Sense of Time May Change

Five minutes can sometimes feel like twenty.

Twenty minutes can sometimes feel surprisingly short.

This is normal.

When you are paying close attention to your experience, your perception of time may feel different.

Try not to keep checking the clock.

If you are meditating for a specific amount of time, setting a gentle timer beforehand can help you stop wondering:

“How long has it been?”

Nothing Special Has to Happen

This may be one of the most reassuring things to understand about meditation.

You don't need to have a profound experience.

You don't need to see colours.

You don't need to feel completely peaceful.

You don't need to have an important realisation.

You don't need to feel “different” afterward.

Sometimes meditation is simply:

sitting,

breathing,

thinking,

noticing,

returning.

That is enough.

What Happens Over Time?

Meditation is generally not about what happens during one perfect session.

The practice is built through repetition.

Five minutes today.

Another few minutes tomorrow.

Then again.

Over time, you may begin noticing the practice outside meditation.

Perhaps you catch yourself becoming tense earlier.

You notice when your thoughts are spiralling.

You recognise when you are distracted during a conversation.

You notice yourself automatically reaching for your phone.

You become aware of your breathing during a stressful moment.

And sometimes, there is a tiny pause before you react.

That is where meditation can begin moving from something you **do** into something you **use in everyday life**.

A Simple Way to Understand Meditation

You can think of meditation as four things happening together:

ATTENTION

Where is my attention right now?

↓

BREATH

Can I notice myself breathing without needing to change it?

↓

BODY

What sensations are present in my body?

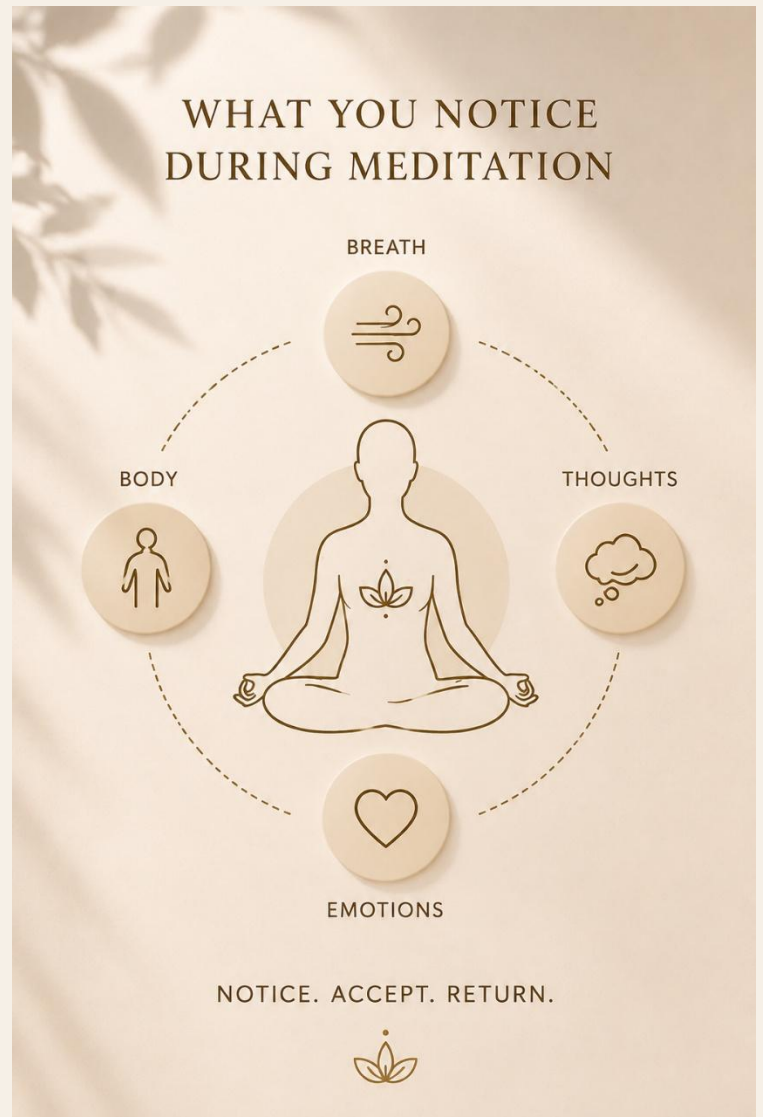
↓

THOUGHTS

What is my mind doing right now?

You don't need to control all four.

You are learning to **notice** them.



Try It Now: A 60-Second Experiment

Before reading further, try this.

Sit comfortably.

Put your phone down.

Allow your hands to rest.

You can close your eyes or soften your gaze.

For the next few breaths, simply notice:

1. Your breath

Where can you feel it most clearly?

Your nose?

Chest?

Abdomen?

2. Your body

Notice where your body is supported.

Notice any tension.

Don't change anything yet.

3. Your thoughts

Has your mind already wandered?

If it has, good.

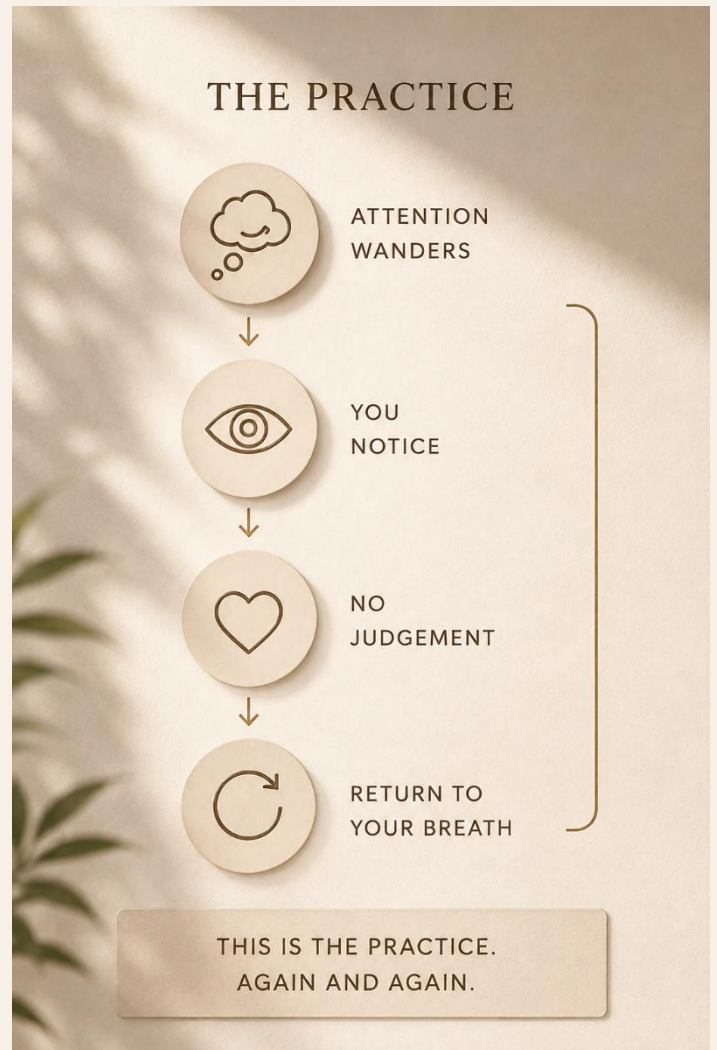
You noticed.

4. Return

Bring your attention back to one breath.

In.

Out.



That's all.

You don't have to feel different.

You have simply spent one minute intentionally noticing your experience.

And that is where the practice begins.

The MediVana Reminder

When you meditate, you are not trying to switch off your mind.

You are learning to notice it.

You notice the breath.

You notice the body.

You notice thoughts.

You notice emotions.

You notice when your attention wanders.

And then you return.

You don't need to control the moment.

You only need to become aware of it.



HOW TO START MEDITATING

SIMPLE. FLEXIBLE. YOUR PRACTICE.



You don't need a perfect place, complete silence or hours of free time.

You only need a moment to pause and come back to yourself.

Use this guide to create a meditation practice that works for you.



1. WHERE

Find a place where you feel comfortable, safe and relatively free from distractions.



HOME



NATURE



QUIET
CORNER



2. WHEN

Choose a time that works for you and that you can return to regularly.



MORNING



DURING THE
DAY



EVENING



3. HOW LONG

Start small and build gradually. Even a few minutes can make a difference.

5

MINUTES

10

MINUTES

15+

MINUTES



4. EYES

Both are perfect. Choose what helps you stay awake, relaxed and aware.



EYES
CLOSED



EYES
OPEN



5. SILENCE OR MUSIC

Silence helps you hear yourself. Soft music can help you relax. Choose what supports your practice.



SILENCE



SOFT
MUSIC



6. GUIDED OR SILENT

Guided meditations give structure. Silent meditation builds inner independence. Both are valuable.



GUIDED



SILENT



YOUR FIRST SETUP

1. Choose your place
2. Choose your time
3. Set a timer
4. Sit comfortably
5. Choose your eyes
6. Choose your environment
7. Choose your anchor (your breath)
8. Begin



YOUR ANCHOR

For now, use your natural breath. Feel the inhale. Feel the exhale.



WHEN YOU WANDER

You will wander. That's normal. Notice it. Return gently.



BE KIND

There is no perfect way to meditate. Start small. Keep returning.

THE MEDIVANA REMINDER

You don't need the perfect moment. You don't need to stop thinking.

You only need a place to begin.



MEDIVANA

How to Start Meditating

Starting meditation can feel more complicated than it actually is.

You may wonder:

Where should I meditate?

What time is best?

How long should I sit?

Should I close my eyes?

Do I need music?

Should I follow a guided meditation?

The good news is that you don't need to have everything perfectly arranged before you begin.

You don't need a special room.

You don't need expensive equipment.

You don't need complete silence.

And you definitely don't need to start with long meditation sessions.

The most important thing is simply to create a moment in which you can intentionally pause and practise being present.

Meditation becomes easier to understand when you stop thinking about the “perfect” way to meditate and start discovering what works for you.

Where Should You Meditate?

You can meditate almost anywhere where you feel reasonably comfortable and safe.

At home, you might choose:

- your bedroom;
- a quiet corner of your living room;
- a meditation cushion on the floor;
- a comfortable chair;
- your garden or balcony.

You can also meditate outside, in a park, at the beach or somewhere in nature.

The location itself is less important than your ability to settle there for a few minutes.

For beginners, however, it can help to choose a place with relatively few distractions.

You don't need complete silence.

A car may pass outside.

Someone may walk through the house.

You may hear birds, neighbours or other everyday sounds.

That's okay.

Meditation is not about creating a perfectly controlled environment.

It is about learning how to bring your attention back even when the environment isn't perfect.

Create a Small Meditation Space

If you want meditation to become a regular habit, creating a dedicated space can help.

It doesn't need to be an entire room.

A small corner is enough.

You might add:

a meditation cushion,

a comfortable mat,

a blanket,

a candle,

a plant,

or anything else that makes the space feel calm and inviting.

Try not to make your meditation space another project that has to be perfect before you can begin.

Your meditation space should support your practice, not become a requirement for it.

You should still be able to meditate when your favourite candle isn't available or when you're travelling.

When Is the Best Time to Meditate?

There is no universal best time.

The best time is the time you can realistically return to regularly.

Some people enjoy meditating in the morning.

Others prefer during a lunch break, after work or before bed.

Each has different advantages.

Morning Meditation

Morning can be a good time because your day hasn't fully started yet.

Instead of immediately moving from waking up to checking your phone, messages, emails and responsibilities, meditation can create a small pause before external demands begin.

Your routine might become:

Wake up → bathroom → water → meditate → start your day

Even five minutes can be enough to create a different beginning to your morning.

During the Day

Meditation can also work as a reset between activities.

For example:

before starting work,

during your lunch break,

between appointments,

after a stressful meeting,

or when transitioning from work to personal time.

You don't always need a full meditation session.

Sometimes two or three intentional minutes can help you reconnect with yourself.

Evening Meditation

Evening meditation can help you transition from activity into rest.

You might meditate after work, after dinner or as part of your evening routine.

If you meditate immediately before bed, remember that meditation and sleep are not exactly the same thing.

Becoming sleepy isn't a failure, especially when you are tired, but if you repeatedly fall asleep and want to practise awareness, try meditating earlier in the evening or sitting upright rather than lying down.

Make Meditation Part of Something You Already Do

One of the easiest ways to build a new habit is to connect it to something that already happens every day.

For example:

After I brush my teeth → I meditate for five minutes.

After I make my morning coffee → I meditate.

After I finish work → I meditate for ten minutes.

Before I go to bed → I do a short body scan.

This removes one daily decision.

Instead of asking:

“Should I meditate today?”

the practice becomes part of an existing routine.

How Long Should You Meditate?

Beginners often assume that meditation needs to last twenty, thirty or even sixty minutes.

It doesn't.

You can begin with just a few minutes.

For example:

Week 1: 3–5 minutes

Week 2: 5–7 minutes

Week 3: 7–10 minutes

Week 4: 10–15 minutes

This is not a rule.

It is simply one possible way to build your practice gradually.

If five minutes already feels challenging, stay with five minutes.

There is no need to increase the duration simply because you think you “should.”

A short practice you actually do is more useful than a thirty-minute meditation you constantly postpone.

Start Smaller Than You Think

Imagine deciding:

“From tomorrow, I will meditate for thirty minutes every morning.”

That may work for a few days.

Then you wake up late.

You don't have thirty minutes.

So you skip meditation completely.

Instead, imagine your minimum is five minutes.

Even on a busy morning, five minutes may still be possible.

You can always continue longer when you want to.

Your first goal isn't to become someone who can meditate for an hour.

Your first goal is to become someone who **returns to the practice**.

Should You Use a Timer?

A timer can be helpful.

Without one, you may repeatedly wonder:

“How long have I been sitting here?”

Set your timer before beginning so you don't have to check the clock.

Choose a gentle alarm if possible.

For example, if you want to meditate for five minutes:

Set timer → put phone away → get comfortable → begin.

If you use your phone as a timer, activate Do Not Disturb or airplane mode if appropriate so notifications don't repeatedly pull your attention away.

Should Your Eyes Be Open or Closed?

Both are possible.

There is no universal rule that your eyes must be closed during meditation.

Eyes Closed

Closing your eyes reduces visual stimulation and can make it easier to direct attention inward.

This can be especially useful for:

breath awareness,

body scans,

visualisation,

and many guided meditations.

However, closing your eyes may also make you sleepy.

Some people may also simply feel more comfortable keeping their eyes open.

Eyes Open

If you meditate with your eyes open, you don't need to stare intensely at something.

Instead, soften your gaze.

Look slightly downward and allow your eyes to rest without focusing strongly on anything.

Keeping your eyes open can be useful if you:

become sleepy easily,

feel uncomfortable closing your eyes,

or want to practise awareness while remaining connected to your surroundings.

Which Is Better?

Neither.

Try both.

Ask yourself:

Which allows me to remain comfortable and aware?

That is usually more useful than trying to follow a rigid rule.

Do You Need Complete Silence?

No.

Silence can make it easier to notice subtle sensations, thoughts and sounds.

But complete silence isn't necessary.

In fact, learning to meditate with ordinary background sounds can be useful.

You may hear:

traffic,

people talking outside,

a washing machine,

birds,

wind,

rain,

or someone moving through the house.

Instead of thinking:

"I can't meditate because there is noise,"

you can sometimes allow sound to become part of the practice.

Notice the sound.

Notice your reaction to it.

Then return to your anchor.

Of course, if the environment is extremely distracting and you have the option to move somewhere quieter, you can.

Meditation does not require making things unnecessarily difficult.

Meditation With Music

You can meditate with music.

Soft instrumental music, ambient sounds or nature sounds can make it easier for some beginners to settle into the practice.

You might use:

gentle ambient music,

singing bowls,

rain sounds,

ocean sounds,

forest sounds,

or soft instrumental tracks.

Try to avoid music that constantly demands your attention.

Songs with familiar lyrics, dramatic changes or a strong beat can make it easier for your mind to follow the music instead of the meditation.

Is Music Necessary?

No.

Music is a tool.

Not a requirement.

It may help you relax and create a ritual around meditation, but you don't want to become convinced:

“I can only meditate when this particular music is playing.”

Sometimes practise with music.

Sometimes practise without it.

This helps you discover that the ability to meditate isn't coming from the soundtrack.

Guided Meditation or Silent Meditation?

Both can be valuable, and you don't have to choose only one.

What Is Guided Meditation?

In a guided meditation, a teacher or recording gives you instructions throughout the practice.

You may hear instructions such as:

“Bring your attention to your breath.”

“Notice where your body is supported.”

“If your mind has wandered, gently return.”

Guided meditation can be especially useful for beginners because you don't have to constantly wonder what you are supposed to be doing.

The voice gives your attention structure.

Guided meditations can focus on many different things, including:

breathing,

relaxation,

body awareness,

body scans,

sleep,

self-compassion,

loving-kindness,

visualisation,

stress,

or simply present-moment awareness.

Why Beginners Often Prefer Guided Meditation

When you first begin, silence can feel surprisingly long.

You sit down.

Thirty seconds pass.

Then:

“Now what?”

A guided meditation provides direction.

It can teach you how to practise while you are practising.

Think of it as learning with a teacher beside you.

What Is Silent Meditation?

Silent meditation means that there is no continuous voice telling you what to do.

You may set a timer, choose your anchor and practise independently.

For example:

Sit comfortably.

Set a timer for five minutes.

Bring attention to your breath.

When your mind wanders, notice.

Return to your breath.

Continue until the timer sounds.

Silent meditation can help you become less dependent on external guidance and more familiar with directing your own attention.

Which Should You Start With?

For a complete beginner, guided meditation can be an easy place to start.

You could begin with:

5-minute guided meditation

and gradually experiment with:

5-minute silent meditation.

Eventually, you might use both.

For example:

Monday — Guided

Tuesday — Guided

Wednesday — Silent

Thursday — Guided

Friday — Silent

There is no need to “graduate” from guided meditation.

Experienced meditators can still use guided practices.

They simply serve a different purpose.

How Should You Sit?

Your position should allow you to be both:

comfortable enough to remain still

and

alert enough to remain aware.

You can meditate:

on a chair,

cross-legged on the floor,

on a meditation cushion,

kneeling,

or in some practices, lying down.

You do not need to sit in lotus position.

And you don't need extreme flexibility.

We will explore meditation postures in more detail in the next chapter.

For now, remember:

Comfort before complexity.

Choose a position you can realistically maintain.

What Should You Do With Your Hands?

Your hands don't need to form a special shape.

You can simply place them:

on your thighs,

on your knees,

or gently in your lap.

Traditional hand positions, sometimes called mudras, are used in various meditation traditions, but they are not necessary for basic meditation.

If you are a beginner, don't overthink your hands.

Let them rest somewhere comfortable.

What Should You Wear?

Anything comfortable.

Your clothing should allow you to breathe and sit without constantly needing to adjust it.

You don't need special meditation clothes.

Loose or stretchy clothing can simply make sitting more comfortable.

If you're cold, use a blanket.

Physical comfort can make it easier to keep your attention on the practice.

What If You Get Distracted?

You will.

That isn't pessimistic.

That's meditation.

Your phone may vibrate.

You may hear a sound.

Your nose may itch.

A thought appears.

Your leg feels uncomfortable.

You remember something.

Your mind wanders.

Then:

Notice → Return.

You don't need to restart the meditation.

You don't need to add extra minutes.

You don't need to judge yourself.

Simply continue.

What If You Can't Sit Still?

You don't have to force yourself to remain completely motionless.

If something is mildly uncomfortable, you can first notice the sensation before immediately reacting.

But if you are in pain or genuinely need to adjust your position, move.

Try to move intentionally rather than automatically.

Notice:

"I am going to move my leg."

Adjust.

Then return to your meditation.

Meditation isn't a test of how much discomfort you can tolerate.

What If You Fall Asleep?

It happens.

Especially if you meditate:

late at night,

lying down,

after a long day,

or when you are already sleep-deprived.

If it happens frequently and your goal is meditation rather than sleep, try:

sitting upright,

keeping your eyes slightly open,

meditating earlier,

or choosing a time when you feel more alert.

If your intention is specifically a sleep meditation, becoming sleepy is obviously not a problem.

What If You Don't Feel Relaxed?

That's okay.

You don't have to finish every meditation feeling peaceful.

Some days you may feel calmer.

Other days you may notice how restless you are.

Both experiences can be part of meditation.

Instead of asking:

“Did meditation make me relaxed?”

ask:

“What did I notice?”

That question brings you back to the purpose of awareness.

Your First Meditation Setup

You don't need much.

For your first meditation, try this:

1. Choose your place.

Find somewhere you can sit comfortably for a few minutes.

2. Choose your time.

Pick a realistic moment in your day.

3. Set a timer.

Start with five minutes.

4. Sit comfortably.

Chair or cushion — both are fine.

5. Choose your eyes.

Closed or softly open.

6. Choose your environment.

Silence or gentle background music.

7. Choose your anchor.

For now, use your natural breath.

8. Begin.

Notice your breathing.

When your attention wanders, notice it.

Return.

Continue until your timer sounds.

That's enough.

You have meditated.

Your First Week

Don't try to build the perfect meditation routine immediately.

Experiment.

Day 1 — 3 minutes

Sit and notice your breathing.

Day 2 — 5 minutes

Try a short guided meditation.

Day 3 — 5 minutes

Meditate in silence.

Day 4 — 5 minutes

Experiment with your eyes softly open.

Day 5 — 7 minutes

Try a guided breath meditation.

Day 6 — 7 minutes

Meditate somewhere different.

Day 7 — 10 minutes

Choose whichever method felt best during the week.

Then reflect:

Where did I feel most comfortable?

What time worked best?

Did I prefer guided or silent meditation?

Eyes open or closed?

Music or silence?

What made it easier to begin?

You are not looking for the universally correct way to meditate.

You are discovering **your way to practise consistently**.

Don't Wait for the Perfect Moment

One of the easiest ways to never start meditating is to keep waiting.

Waiting until you have more time.

Waiting until your house is quiet.

Waiting until you feel less stressed.

Waiting until you buy a meditation cushion.

Waiting until Monday.

Waiting until life calms down.

But meditation is not something you have to save for the perfect moment.

It is something you can practise **inside your real life.**

Your house may not be completely silent.

Your mind may be busy.

You may only have five minutes.

Start there.

The MediVana Reminder

You don't need the perfect place.

You don't need the perfect posture.

You don't need complete silence.

You don't need thirty minutes.

You don't need to stop thinking.

You only need a place to begin.

Start small.

Get comfortable.

Choose an anchor.

Notice when your attention wanders.

Return.

And come back tomorrow.

Five mindful minutes you actually practise are worth more than thirty perfect minutes you keep postponing.

Meditation Postures

When people think of meditation, they often picture someone sitting perfectly still in a full lotus position.

But you do not need to sit in lotus to meditate.

In fact, for many beginners, forcing the body into an unfamiliar position only creates discomfort, tension and distraction.

A good meditation posture should help you do three things:

Feel stable.

Feel comfortable.

Stay awake and aware.

Your posture doesn't need to look perfect.

It needs to work for **your body**.

The goal is not to hold an impressive position.

The goal is to create a position in which you can practise awareness without constantly fighting your body.

1. Chair Position



Meditating on a chair is one of the easiest and most accessible ways to begin.

Sit toward the front or middle of the chair rather than collapsing against the backrest.

Place both feet flat on the floor, approximately hip-width apart.

Allow your knees to rest comfortably.

Keep your spine naturally upright without making yourself rigid.

Relax your shoulders and place your hands on your thighs or in your lap.

Keep your head balanced naturally above your spine and allow your jaw and face to soften.

If your feet don't comfortably reach the floor, place a cushion, block or folded blanket underneath them.

Best for: beginners, longer meditations, people who find floor sitting uncomfortable, or anyone who simply prefers a chair.

Remember: Sitting on a chair is not a “less advanced” form of meditation.

You can develop a complete meditation practice from a chair.

2. Cross-Legged Position

This is the classic simple floor-sitting position.

Sit on a meditation cushion or folded blanket and loosely cross your legs in front of you.

Your knees don't need to touch the floor.

Allow your hands to rest comfortably on your thighs or knees.

The important detail is your pelvis.

Sitting slightly elevated can help your pelvis tilt naturally and make it easier to maintain an upright spine without excessive effort.

If your knees are floating high above your hips or you feel pulling through your hips, raise your sitting position with an additional cushion.

Best for: beginners who are reasonably comfortable sitting on the floor.

Don't force your knees downward.

Flexibility develops differently for everyone.

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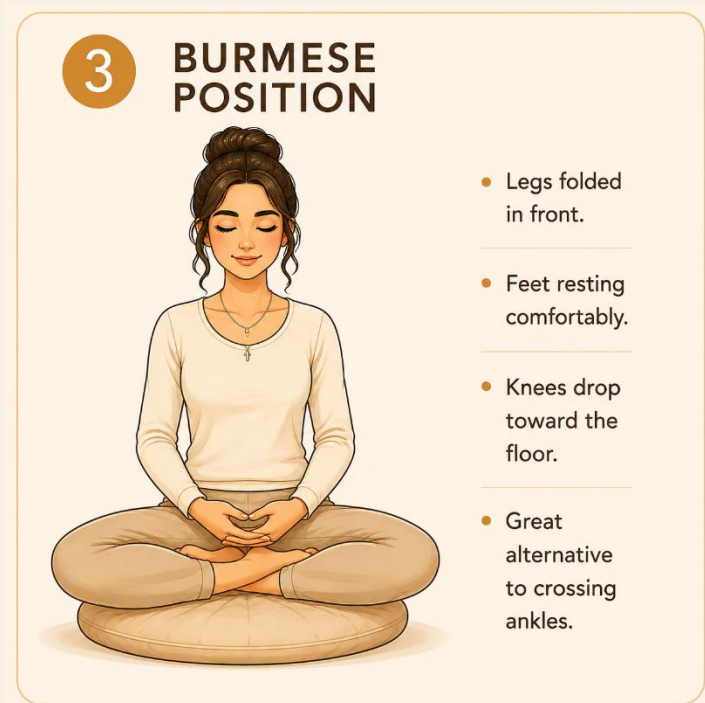
CROSS-LEGGED POSITION



- Sit on a cushion to lift your hips.
- Cross your legs comfortably.
- Knees can be higher than hips.
- Spine naturally upright.

3. Burmese Position

The Burmese position is an excellent alternative when you want a stable floor position without crossing one ankle over the other.



Sit on your cushion with both legs folded in front of you.

Instead of crossing the ankles, place one foot slightly in front of the other.

Both lower legs rest on the floor as comfortably as possible.

Because the feet aren't stacked on top of each other, many people find this position more comfortable than lotus variations.

Keep your pelvis slightly elevated and allow your knees to move naturally toward the floor.

Your spine remains upright but

relaxed.

Best for: beginners who want a stable meditation position and find traditional cross-legged sitting uncomfortable.

For many people, this can actually become their main meditation posture.

4. Half Lotus

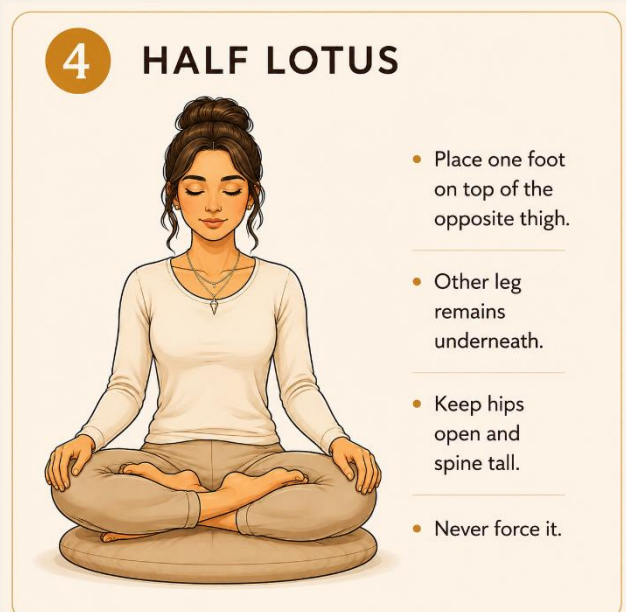
Half lotus requires more mobility in the hips.

Begin in a cross-legged position.

Place one foot gently on top of the opposite thigh while the other leg remains folded underneath.

Keep your spine naturally upright.

The movement should come primarily from your hip — not by forcing or twisting your knee.



This is important.

If you experience pain or uncomfortable pressure in your knee, ankle or hip:

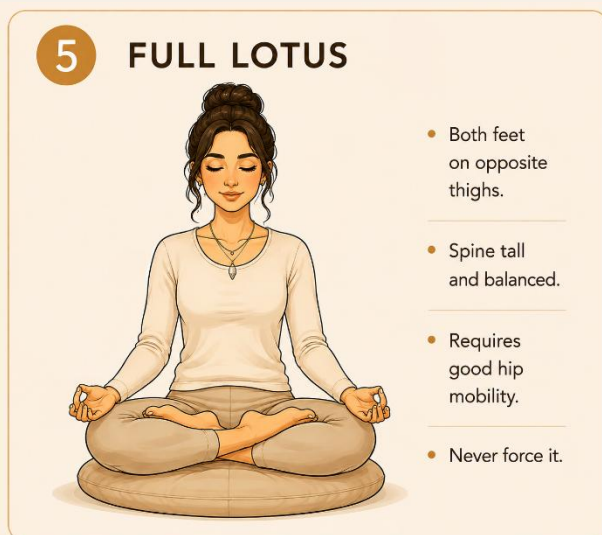
come out of the position.

Meditation should not become a flexibility test.

Half lotus can provide a stable base for meditation, but there is no reason to use it unless it feels comfortable in your body.

Best for: people who already have sufficient hip mobility and can enter the position comfortably.

5. Full Lotus



Full lotus — or Padmasana — is probably the posture most strongly associated with meditation.

But it is also one of the least necessary.

In full lotus, each foot rests on the opposite thigh.

This creates a very stable sitting position, but it requires substantial mobility through the hips.

It should never be forced.

Trying to pull your feet into lotus before your hips are ready can place unnecessary stress on the knees and ankles.

If you already practise full lotus comfortably, you may choose to meditate this way.

If you don't:

you are not missing anything.

Full lotus does not make your meditation deeper.

It does not make you more mindful.

And it does not make you more advanced.

Best for: experienced practitioners who already have the required mobility and can sit comfortably without pain.

Never choose full lotus simply because you think meditation is supposed to look this way.

6. Kneeling / Seiza

Kneeling can be a comfortable alternative if sitting cross-legged doesn't suit your hips.

Kneel with your knees comfortably apart and your lower legs behind you.

Instead of placing your full body weight directly onto your heels, sit on a meditation cushion or bench positioned between or above your lower legs.

This raises your pelvis and reduces the amount of pressure placed on your knees and ankles.

Keep your spine naturally upright.

Relax your shoulders.

Rest your hands on your thighs or in your lap.

Best for: people who prefer kneeling to cross-legged positions or want another option for longer sessions.

A meditation bench or suitable cushion can make a significant difference here.

6

KNEELING / SEIZA



- Kneel with knees slightly apart.
- Sit on a cushion or bench.
- Spine upright, shoulders relaxed.
- Hands on thighs.

7. Lying Meditation

7

LYING MEDITATION

- Lie on your back.
- Use a cushion or bolster under your knees for support.
- Hands by your sides or on your abdomen.
- Perfect for body scans and relaxation.



Yes — you can meditate lying down.

Lie comfortably on your back.

Allow your legs to rest naturally.

Place your arms beside your body with your palms facing upward, or place your hands on your abdomen.

If your lower back feels uncomfortable, place a bolster or cushion underneath your knees.

Allow your head and neck to remain neutral.

Lying meditation works particularly well for:

body scans,

relaxation practices,

breath awareness,

and practices before sleep.

There is only one obvious disadvantage:

You may fall asleep.

If your intention is to remain alert, sitting may work better.

If you're doing a body scan before bed, falling asleep may not be a problem at all.

What Should Your Spine Look Like?

You may often hear:

“Sit up straight.”

That doesn't mean making your spine rigid.

Think:

upright, not stiff.

Your body should feel supported rather than forced into position.

Imagine the crown of your head gently moving upward while your shoulders remain relaxed.

Your chest doesn't need to be pushed forward.

Your lower back doesn't need to be exaggerated.

Your jaw can soften.

Your hands can rest.

You want enough structure to stay alert and enough softness to remain comfortable.

What Should I Do With My Hands?

There is no mandatory hand position.

You can simply place your hands:

on your thighs,

on your knees,

or loosely in your lap.

Traditional meditation practices may use specific mudras, but beginners don't need a special hand position in order to meditate.

Choose something comfortable that doesn't create unnecessary tension in your shoulders or arms.

Meditation Cushions & Support

Meditation props aren't just decorative.

Used correctly, they can make sitting significantly more comfortable.

Zafu

A **zafu** is a traditional round meditation cushion.

Instead of sitting completely flat on the floor, the cushion raises your pelvis.

This can make it easier for your hips and knees to find a comfortable position and can support a naturally upright posture.

You generally sit toward the front portion of the cushion rather than directly in the centre as though you were sitting on a normal chair.

A zafu works particularly well for:

cross-legged sitting, Burmese position and some lotus variations.

Crescent Meditation Cushion

A crescent or half-moon meditation cushion has a curved shape.

The shape creates space around the legs and can provide additional support around the hips and thighs.

Some people find this more comfortable than a traditional round zafu because of the way the cushion fits around the body.

It can work particularly well for:

cross-legged and Burmese positions.

There isn't one universally superior cushion.

Your anatomy, flexibility and preferred position determine what feels best.

Bolster

A bolster is a longer, firmer cushion.

It can be used in several ways.

During lying meditation, place it underneath your knees to reduce tension through the lower body.

Depending on its firmness and dimensions, it may also provide support in seated or restorative positions.

A bolster is particularly useful for:

body scans, lying meditation, restorative practices and additional body support.

Do I Need Meditation Equipment?

No.

You can meditate without buying anything.

A chair works.

A folded blanket works.

A firm household cushion may work.

Meditation equipment becomes useful when it makes your practice more comfortable and easier to maintain.

Don't confuse having the perfect meditation setup with actually meditating.

**The equipment supports the practice.
It isn't the practice.**

How Do I Know Which Position Is Right for Me?

Try them.

Sit in a position for several minutes and observe what happens.

Ask yourself:

Can I breathe comfortably?

Can I maintain this position without forcing my body?

Can I stay reasonably still?

Can I remain alert?

Do I experience pain?

Mild sensations from sitting differently can occur, but sharp pain, significant joint pressure or increasing pain isn't something you need to “meditate through.”

Change position.

Use support.

Or choose another posture.

The MediVana Posture Rule

If you're a beginner, don't choose your meditation posture based on what looks most like meditation.

Choose the posture that allows you to **actually meditate**.

Chair?

Perfect.

Cross-legged?

Perfect.

Burmese?

Perfect.

Kneeling?

Perfect.

You don't earn extra points for sitting in lotus.

**Comfort first.
Stability second.
Awareness always.**

MEDITATION EQUIPMENT

SUPPORT YOUR PRACTICE. SUPPORT YOURSELF.

ZAFU

Traditional round meditation cushion.

- Elevates the hips for easier sitting and a naturally upright spine.
- Ideal for cross-legged positions.



CRESCENT CUSHION
(HALF-MOON)

Curved cushion that supports the hips and thighs.

- Creates space for the legs.
- Comfortable for cross-legged and Burmese positions.



BOLSTER

Long cushion used for support and relaxation.

- Use under the knees in lying meditations.
- Great for body scans and restorative practices.
- Can also support the back or chest.



MEDITATION BENCH

Helps tilt the pelvis forward for a more natural posture.

- Ideal for kneeling (Seiza).
- Takes pressure off the knees and ankles.



YOGA / FOAM BLOCK

Provides extra height and support.

- Use under your hips, knees or hands.
- Helps you find a stable and comfortable position.



FOLDED BLANKET

Simple but powerful support.

- Use under hips or knees.
- Adds height and cushioning.
- Easy to fold and adjust.



EYE PILLOW

Gently blocks out light
and helps you relax.

- Use during savasana or seated meditation.
- Promotes a deeper sense of calm.



MEDITATION MAT

Creates a defined and comfortable space for your practice.

- Provides cushioning and warmth.
- Helps you stay grounded.



STRAP / BELT

Supports your posture
and helps you
relax further.

- Use around the legs in seated poses.
- Helps you sit with ease.



THERE IS NO PERFECT SETUP.

Use what you have. Choose what feels good. Adjust as you grow.



Breathing During Meditation

Breathing is something you do every moment of every day.

Most of the time, you don't even notice it.

You breathe while you sleep.

You breathe while you work.

You breathe while you talk, walk, exercise and think.

Your body already knows how to breathe without you having to control every inhale and exhale.

During meditation, the breath can become something different:

an anchor for your attention.

You don't necessarily need to change your breathing.

You don't need to make every breath deep.

And you don't need to breathe in a special way to meditate correctly.

Sometimes the practice is simply:

Breathe. Notice. Wander. Return.

Why Do We Focus on the Breath?

The breath is one of the most commonly used anchors in meditation because it is always with you.

You don't need equipment.

You don't need music.

You don't need a particular location.

Wherever you are, your breath is available.



When you bring your attention to breathing, you give your mind something happening **right now** to observe.

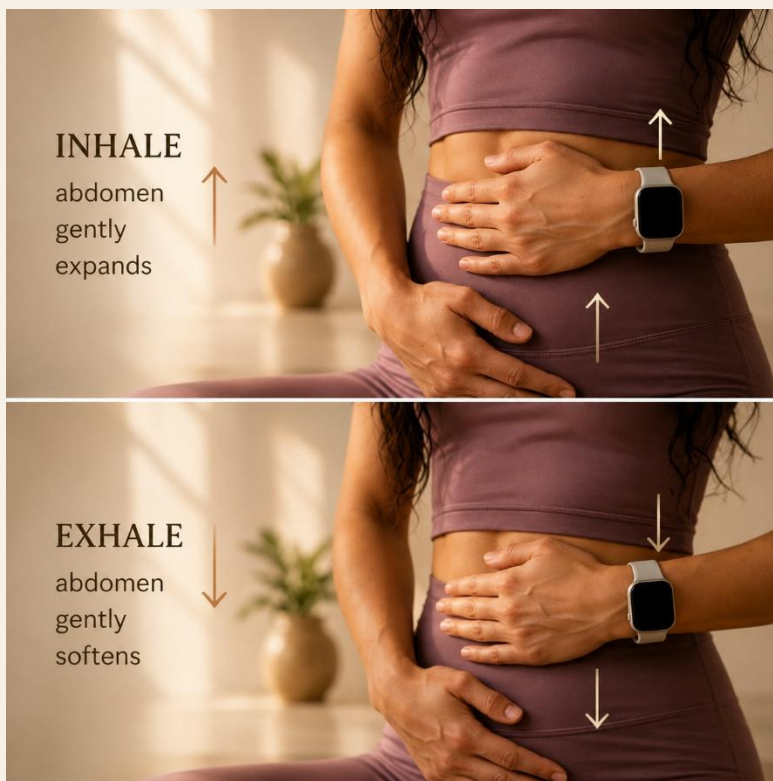
You cannot breathe yesterday's breath.

You cannot breathe tomorrow's breath.

You can only experience the breath that is happening in this moment.

That makes breathing a simple way to reconnect with the present.

Natural Breathing vs Controlled Breathing



This distinction is important.

There are meditation practices where you intentionally change your breathing pattern.

But during basic **breath awareness meditation**, you don't need to control your breath.

You simply observe it.

Instead of thinking:

"I need to take a deep breath."

try:

"What does this breath feel like?"

Your breathing may be:

deep, shallow, slow, fast, smooth, uneven, soft, or somewhere in between. You don't need to judge it. Your job is to notice.

You Don't Have to Take Deep Breaths

A common misconception is that meditation means constantly taking very deep breaths.

It doesn't.

Deep breathing can be used intentionally in certain breathing or relaxation exercises, but it isn't required throughout meditation.

Trying to take unusually large breaths can actually feel uncomfortable for some people.

During simple breath awareness, allow your body to breathe naturally.

Let the breath come in.

Let the breath go out.

Observe rather than force.

Where Can You Feel Your Breath?

You don't have to follow the breath through your entire body.

Choose one place where you can clearly feel it.

For example:

At Your Nose

Notice the sensation of air entering your nostrils.

Perhaps the inhale feels slightly cooler.

Notice the air leaving again.

You don't need to analyse it.

Simply feel it.

At Your Chest

Place your attention on the movement of your chest.

Notice: rise. fall. rise. fall.

At Your Abdomen

You may notice your abdomen gently expanding as you inhale and softening as you exhale.

If it helps, place one hand lightly on your abdomen for the first few breaths.



Feel the movement underneath your hand.

Then, if you want, return your hand to your lap.

There is no correct place to feel your breath.

Choose the place where the sensation is easiest for **you** to notice.

The Breath as Your Anchor

Imagine that you are meditating and focusing on your breath.

You notice:

inhale...

exhale...

Then your mind says:

“I need to buy something later.”

You begin thinking about the shop.

Then dinner.

Then tomorrow.

Suddenly, you realise that you haven't noticed your breathing for a while.

What now?

Nothing dramatic.

Simply notice:

“Thinking.”

And return:

inhale...

exhale...

This is why the breath is called an anchor.



It gives you somewhere to return.

Not somewhere you must stay perfectly focused on every second.

Somewhere you can **come back to**.

Don't Judge the Wandering

Your mind will wander.

Especially when you first start practising.

That doesn't mean your breathing technique is wrong.

It doesn't mean you cannot meditate.

And it doesn't mean you need to start the meditation again.

Simply follow this pattern:

BREATH

↓

MIND WANDERS

↓

NOTICE

↓

RETURN TO BREATH

↻

Again and again.

The return is part of the practice.

Notice the Entire Breath

Once focusing on your breath becomes more familiar, experiment with noticing the complete breathing cycle.

Notice the beginning of the inhale.

Notice the middle.

Notice when the inhale naturally ends.

Then notice the exhale beginning.

Follow it.

Notice when it ends.

Then the next breath begins.

There may even be a tiny natural pause between breaths.

You don't need to create or extend that pause.

Simply notice if it is there.

Each breath becomes something you experience rather than something happening unnoticed in the background.



BREATHING EXERCISES

SIMPLE PRACTICES TO CALM YOUR MIND AND
COME HOME TO YOUR BREATH.

1. 5-BREATH RESET

Take five mindful breaths to reset and return to the present.



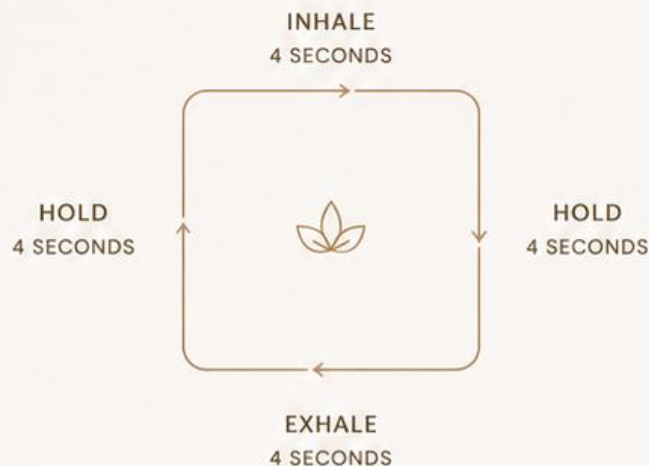
2. LONGER EXHALE

Allow the exhale to be slightly longer than the inhale.
This helps your body relax and your nervous system settle.



3. BOX BREATHING

Use an equal count for each part of the breath.
This creates balance and focus.



YOUR BREATH IS ALWAYS WITH YOU.
COME BACK TO IT, AGAIN AND AGAIN.



Exercise 1: One Mindful Breath

Let's start as simply as possible.

You don't even need to close your eyes.

Sit comfortably.

Allow your shoulders to soften.

Now take **one natural breath**.

Notice the inhale.

Notice the exhale.

That's it.

One breath.

Try it again.

This time, notice where you feel the breath most clearly.

Nose?

Chest?

Abdomen?

You have just practised breath awareness.

It doesn't have to be complicated.

Exercise 2: Five-Breath Reset

This is a simple exercise you can use almost anywhere.

Sit or stand comfortably.

Allow your breathing to remain natural.

Now give your full attention to five breathing cycles.

Breath 1

Notice the inhale and exhale.

Breath 2

Notice where you feel the breath.

Breath 3

Relax your shoulders if they are tense.

Breath 4

Notice whether your mind has wandered.

Breath 5

Follow the entire breath from beginning to end.

Then continue with your day.

The purpose isn't to achieve a particular feeling.

It is simply to interrupt automatic behaviour with a moment of awareness.

Exercise 3: Counting Your Breaths

Counting can be useful when your mind feels especially busy.

Sit comfortably.

Allow your breathing to remain natural.

After your first exhale, mentally count:

One.

After the next exhale:

Two.

Continue:

Three.

Four.

Five.

Up to ten.

Then return to one.

If you suddenly realise:

“Wait... was I at six or seven?”

don't worry.

Return to one.

If you find yourself at:

“Eleven... twelve... thirteen...” you probably forgot the exercise.

That's okay too.

Return to one.

The number isn't the goal.

Awareness is the goal.

Exercise 4: Hand-on-Belly Breathing Awareness

This can be helpful if you find it difficult to feel your breathing.

Sit or lie comfortably.

Place one hand gently on your abdomen.

Don't deliberately push your stomach outward.

Simply breathe.

Notice whether your hand moves.

Feel the subtle movement as you inhale.

Notice what happens as you exhale.

Stay here for five to ten breaths.

Then remove your hand and see whether you can continue noticing the same sensation without touching your abdomen.

Exercise 5: Body + Breath

This exercise combines body awareness with breath awareness.

Sit comfortably.

First, notice where your body touches the surface underneath you.

Feel your feet.

Your legs.

Your sitting bones.

Your hands.

Now bring your attention to your breath.

Notice one inhale.

Notice one exhale.

Then expand your awareness.

Can you notice:

your body sitting

and

your body breathing

at the same time?

You don't have to concentrate intensely.

Simply experience yourself sitting and breathing.

Stay here for a few minutes.

Exercise 6: A Longer Exhale

Sometimes you may intentionally work with your breathing rather than simply observing it.

One simple option is allowing the exhale to become slightly longer than the inhale.

For example:

Inhale gently for 3

Exhale gently for 4 or 5

Repeat for a few comfortable rounds.

The breathing should remain easy.

Do not force yourself to reach a particular number.

If counting makes you tense or uncomfortable, return to normal breathing.

After several rounds, stop controlling the breath and simply notice how your body breathes naturally.

This distinction is useful:

Breathing exercise = intentionally changing the breath.

Breath awareness = observing the breath as it is.

Both can be useful, but they are not exactly the same practice.

Exercise 7: Box Breathing

Another structured breathing exercise is box breathing.

It uses four equal phases:

Inhale → Hold → Exhale → Hold

For example:

Inhale for 4

Hold for 4

Exhale for 4

Hold for 4

Then repeat.

The rhythm forms an imaginary square:

INHALE 4

↓

HOLD 4

↓

EXHALE 4

↓

HOLD 4

↻

Keep the breath comfortable rather than taking the biggest breath possible.

If breath-holding feels uncomfortable, dizzying or stressful, stop and return to normal breathing.

You never need to hold your breath in order to meditate.

Breath Awareness or Breathwork?

These terms are sometimes used interchangeably online, but they can describe different practices.

Breath awareness meditation usually means observing your natural breathing without deliberately changing it.

Breathwork is a broader term that can involve intentionally changing the speed, depth or rhythm of breathing.

For a beginner learning meditation, natural breath awareness is an excellent place to start.

You already have everything you need.

What If Focusing on My Breath Feels Uncomfortable?

Not everyone enjoys focusing closely on breathing.

For some people, paying attention to the breath can actually create tension or make them feel like they suddenly have to control it.

If that happens, don't force yourself.

You can choose another anchor.

Try:

sounds around you,

the feeling of your feet on the floor,

your hands resting on your legs,

the contact between your body and the chair,

or another neutral physical sensation.

The breath is an anchor. It is not the only anchor.

Meditation should be adaptable.

What If I Feel Dizzy?

If you are simply observing your natural breathing, dizziness shouldn't be something you are trying to create.

If you become light-headed during a controlled breathing exercise, stop deliberately changing your breathing and return to your normal breathing pattern.

Sit comfortably and allow yourself to recover.

Breathing exercises are not a competition.

Longer breath holds, faster breathing or deeper breaths are not automatically better.

Comfort and safety come first.

Should You Breathe Through Your Nose or Mouth?

For simple breath awareness, you generally don't need to make this complicated.

Allow yourself to breathe comfortably.

If you naturally breathe through your nose while resting, simply notice that.

If nasal breathing isn't comfortable or possible for you at that moment, don't force it simply because you are meditating.

Again:

the purpose of breath awareness is primarily to **notice**, not to perform the perfect breath.

Your Breath Changes With Your Life

Your breathing doesn't always feel the same.

After exercise, it may be faster.

When you are relaxed, it may become slower.

When you are nervous, it may feel shallow.

When you are emotional, the rhythm may change.

During meditation, you can begin noticing these differences.

Instead of immediately thinking:

“My breathing is wrong,”

try:

“This is how my breathing feels right now.”

That is awareness.

You Can Return to Your Breath During the Day

Breath awareness doesn't have to end when your meditation timer sounds.

Your breath can become a small anchor throughout your day.

Before opening your laptop:

one breath.

Before answering an important message:

one breath.

When you sit down after a busy morning:

one breath.

While waiting:

one breath.

Before entering a meeting:

one breath.

Before going to sleep:

one breath.

You don't always need ten minutes.

Sometimes awareness begins with a single inhale and exhale.

Try This: 3-Minute Breath Awareness Meditation

Sit comfortably.

Allow your hands to rest.

Close your eyes or soften your gaze.

Don't change your breathing yet.

Minute 1 — Notice

Find where you feel your breath most clearly.

At your nose?

Chest?

Abdomen?

Simply observe.

Minute 2 — Follow

Follow each breath from beginning to end.

Inhale.

Exhale.

If your attention wanders:

notice.

Return.

Minute 3 — Expand

Continue noticing your breath.

Now also become aware of your body sitting here.

Notice sounds around you.

Notice your breathing within that wider awareness.

Then gently open your eyes.

Before moving, notice how you feel.

You don't need to feel calmer.

Simply ask:

What did I notice?

The MediVana Breathing Principle

Your breath doesn't need to be perfect.

It doesn't need to be extremely deep.

It doesn't need to follow a complicated rhythm.

Start by meeting your breath exactly as it is.

Notice the inhale.

Notice the exhale.

Notice when your mind wanders.

Come back to the next breath.

Because no matter where your thoughts have taken you, your next breath gives you another opportunity to return.

You don't have to find the present moment.

Your breath is already happening in it.

What Do I Do With My Thoughts?

One of the biggest concerns people have when they start meditating is:

“I can't stop thinking.”

You sit down.

You close your eyes.

You focus on your breath.

And within seconds:

What am I going to eat later?

Did I reply to that message?

I need to remember to do that tomorrow.

Why did I say that yesterday?

How long have I been sitting here?

Am I even doing this right?

And then you may think:

“This isn't working. My mind is too busy for meditation.”

But here is one of the most important things to understand about meditation:

Your thoughts do not need to disappear.

Having thoughts during meditation does not mean you are doing something wrong.

Your mind thinks.

That is what minds do.

Meditation is not about preventing thoughts from appearing.



It is about learning to notice when they appear, without automatically becoming carried away by every thought.

The practice is simple:

NOTICE → DON'T JUDGE → RETURN

Again.

And again.

And again.

You Are Not Trying to Empty Your Mind

The idea that successful meditation means having a completely empty mind is one of the most persistent misconceptions about meditation.

You may occasionally experience moments when your mind feels very quiet.

That's fine.

But you don't need to create or maintain that state.

Imagine telling yourself:

“I must not think.”

Now every thought becomes a problem.

A thought appears.

You become frustrated.

“I'm thinking again.”

Then another thought appears:

“Why can't I stop thinking?”

And another:

“Everyone else probably finds meditation easier than I do.”

Now you aren't only thinking.

You're also fighting your thoughts.

Meditation takes a different approach.

Instead of trying to eliminate thoughts, you practise becoming **aware** of them.

A thought appears.

You notice it.

And you allow it to pass without needing to follow it.

Thoughts Are Normal

Your brain doesn't suddenly stop producing thoughts because you sit on a meditation cushion.

Throughout the day, your mind is constantly processing information.

It remembers.

Plans.

Compares.

Imagines.

Solves problems.

Predicts.

Judges.

Rehearses.

Worries.

Daydreams.

During meditation, you may become much more aware of this mental activity because there are fewer external distractions.

This can create the impression:

“Meditation is making me think more.”

But often, you are simply noticing thoughts that normally pass through your mind without much awareness.

And noticing is exactly what you are practising.

The Moment You Notice Is Important

Imagine you are focusing on your breathing.

Inhale.

Exhale.

Inhale.

Then:

“I need to buy groceries.”

That reminds you:

“What should I make for dinner?”

Then:

“I haven't made that recipe in ages.”

Then:

“That reminds me of our holiday...”

And suddenly you're mentally walking around somewhere you visited three years ago.

Then something happens:

You notice.

“Oh. I was thinking.”

Many beginners interpret this moment as failure.

But look at what actually happened.

A few seconds ago, you were completely absorbed in the thought.

Now you are **aware that you were thinking**.

That shift is important.

You moved from:

being inside the thought

to:

observing that a thought was happening.

And now you have a choice.

You can return to your breath.

That is the practice.

The Three-Step Practice

When thoughts appear during meditation, remember three simple steps.

1. Notice

First, recognise that your attention has moved away from your anchor.

You don't need to analyse why.

Simply notice:

“Thinking.”

Or:

“My mind wandered.”

That's enough.

You don't even need to identify exactly what kind of thought it was.

The moment of noticing is already awareness.

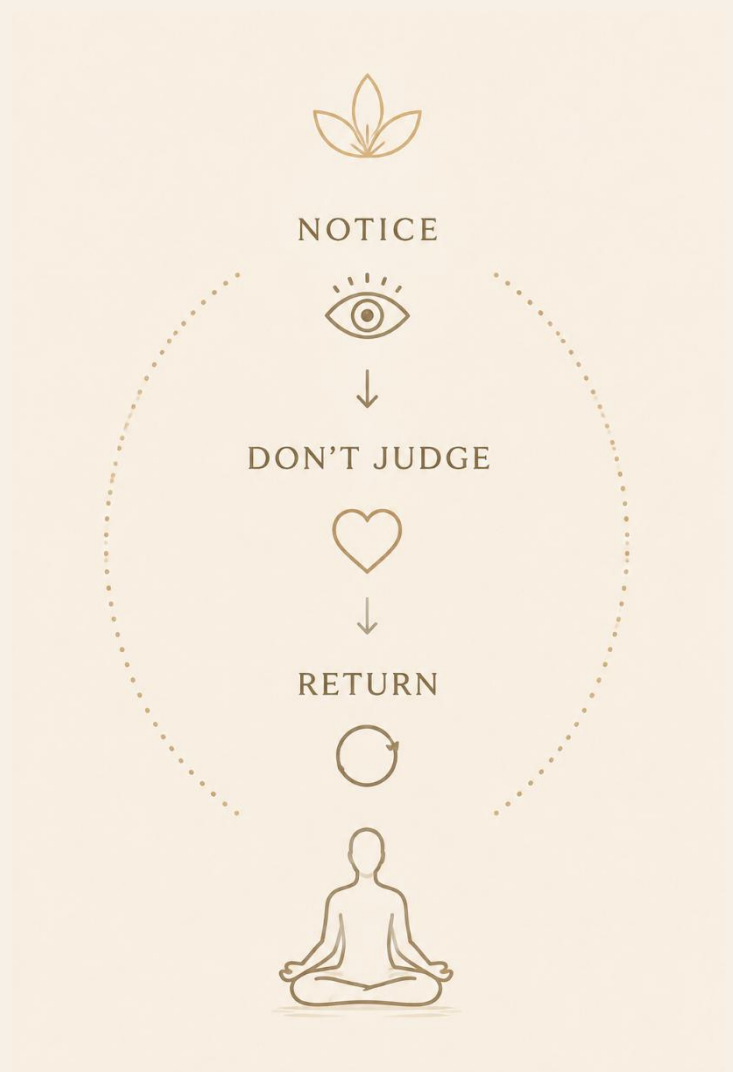
2. Don't Judge

This part matters.

When you notice that your mind has wandered, try not to immediately respond with:

“Again?”

“I'm terrible at this.”



“Why can't I concentrate?”

“I'm doing it wrong.”

That judgement simply becomes another thought.

Instead, treat the moment neutrally.

“Thinking.”

That's all.

No punishment.

No frustration required.

No need to restart your meditation.

3. Return

Gently bring your attention back to your anchor.

If you are using your breath:

return to your breath.

If you are doing a body scan:

return to your body.

If you are listening to sounds:

return to listening.

If you are using a mantra:

return to the mantra.

Then continue.

Until your mind wanders again.

And when it does:

Notice → Don't judge → Return.

Your Mind Will Wander Again

This is important enough to say twice:

Your mind will wander again.

And again.

And possibly again thirty seconds later.

That does not mean the exercise isn't working.

Imagine learning to balance.

You lose your balance.

You correct yourself.

You lose it again.

You correct yourself again.

The correction isn't evidence that you failed to balance.

It is part of learning the skill.

Meditation works similarly.

Every time you notice that your attention has wandered, you have another opportunity to practise returning.

So instead of becoming frustrated when you notice a thought, you can begin to see that moment differently:

“I noticed. Good. Now I can return.”

You Don't Have to Follow Every Thought

A thought appearing in your mind doesn't mean you need to continue thinking about it.

Suppose the thought appears:

“I need to answer that email.”

Normally, your mind might immediately continue:

What should I write?

Maybe I should say this...

What if they respond like that?

Actually, I should probably check my inbox now.

One thought has become an entire mental conversation.

During meditation, you can practise stopping before the story develops.

You notice:

“Planning.”

Then return to your breath.

The email can still exist.

You haven't denied it.

You simply chose not to follow that thought **right now**.

This teaches an important principle:

A thought can be present without requiring your immediate attention or action.

Thoughts Are Not Instructions

Your mind produces thoughts constantly.

Some are useful.

Some are repetitive.

Some are random.

Some are uncomfortable.

Some contradict each other.

And some make very little sense at all.

A thought appearing does not automatically mean:

you need to believe it,

you need to solve it,

you need to act on it,

or you need to get rid of it.

Sometimes a thought can simply be noticed.

For example:

“I don't feel like doing this.”

That is a thought.

It doesn't automatically mean you have to stop meditating.

“I'm bad at meditation.”

That is also a thought.

It isn't proof that you are bad at meditation.

Meditation can help you recognise thoughts as mental events rather than automatic instructions.

You Don't Have to Believe Every Thought

This is an important distinction:

Having a thought is not the same as something being true.

Your mind might say:

“I can't do this.”

“Everyone is judging me.”

“Something is going to go wrong.”

“I'm not good enough.”

“I'll never change.”

When you are completely absorbed in a thought, it can feel like reality.

Meditation can help create a little distance.

Instead of:

“I can't do this.”

you may begin to recognise:

“I'm noticing the thought that I can't do this.”

The thought hasn't necessarily disappeared.

But your relationship with it has changed.

You are observing it rather than automatically becoming it.

Imagine Your Thoughts as Clouds

Imagine a large blue sky.

Clouds appear.

Some are small.

Some are dark.

Some stay longer than others.

Some move quickly.

But you don't need to climb into the sky and remove every cloud.

You simply watch them pass.

Thoughts can be treated similarly.

A thought appears.

You notice it.

You allow it to exist.

Eventually it changes, disappears or is replaced by another thought.



Your job isn't to create a cloudless sky.



Your job is to notice the clouds without chasing every one of them.

Or Imagine a River

Another useful image is a river.

Imagine sitting beside the water.

Leaves are floating downstream.

Each time a thought appears, imagine placing it on a leaf.

Work.

The leaf moves downstream.

Dinner.

Another leaf.

Tomorrow.

Another leaf.

Something embarrassing I did six years ago.

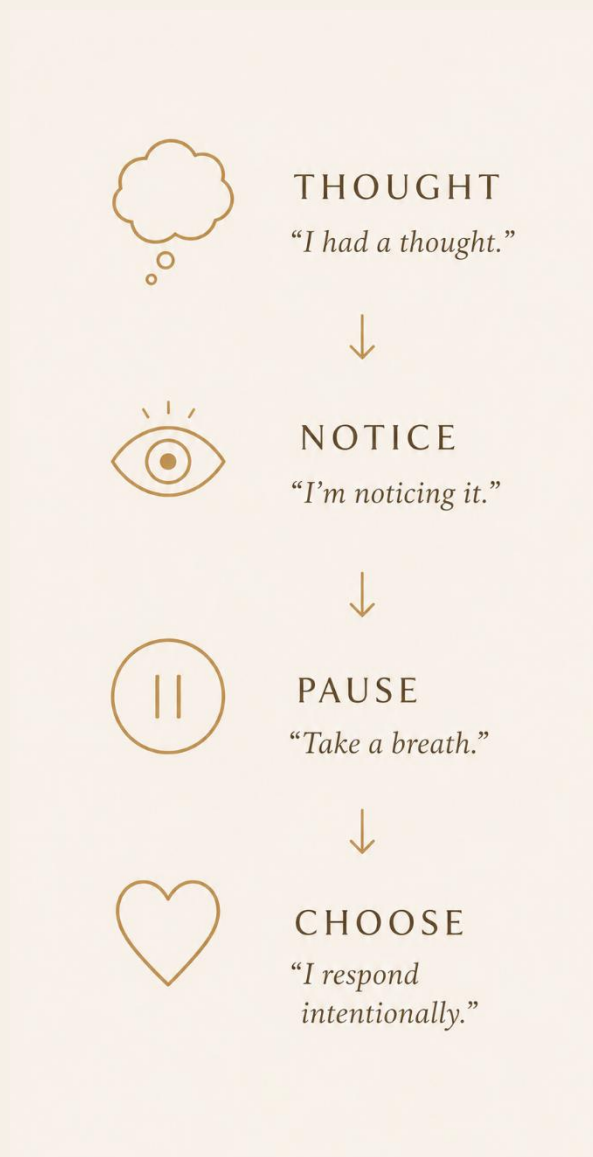
Yes, that one can have a leaf too.

You don't need to jump into the river after them.

You can stay on the riverbank and watch them move.

If you suddenly realise you have mentally jumped into the river and followed a thought:
notice.

Return to the riverbank.



Some Thoughts Keep Coming Back

Not every thought disappears simply because you noticed it.

Sometimes the same thought returns repeatedly.

You may be worried about something.

You may have an important decision to make.

You may be excited about something.

Your mind may return to it twenty times during one meditation.

That doesn't mean you need a different technique.

Each time:

Notice.

Don't judge.

Return.

You may return to the same thought again five seconds later.

Repeat the process.

You are not trying to defeat the thought.

You are practising where you choose to place your attention.

What About Difficult Thoughts?

Sometimes meditation brings awareness to thoughts that feel uncomfortable.

Worries.

Regrets.

Memories.

Self-criticism.

Fear.

You don't have to investigate every difficult thought during meditation.

You can acknowledge:

"This is difficult."

Then return to your anchor if that feels appropriate.

And remember: meditation is not a replacement for professional support when you are dealing with persistent or distressing psychological difficulties.

You are allowed to stop a meditation if the experience becomes overwhelming.

Meditation is a practice of awareness, not a requirement to endure distress.

What If I Remember Something Important?

This happens all the time.

You sit down to meditate and suddenly remember:

"I need to send that document!"

Your mind immediately says:

"Don't forget this."

If it genuinely needs to be remembered, you have two options.

You can mentally acknowledge:

"I'll deal with that after meditation."

Then return.

If you are certain you will forget and it is genuinely important, you can briefly write it down and continue your meditation.

But be careful.

Otherwise meditation can quickly become:

remember something → check phone → see notification → answer message → open Instagram → meditation over.

The goal is to reduce unnecessary reactions to every thought that appears.

What If My Thoughts Never Stop?

They don't need to.

You can meditate while thoughts are present.

Think of your thoughts as background activity.

You don't have to wait until the background becomes silent before you practise.

Some days your mind may feel relatively quiet.

Other days it may feel like:

thought → thought → thought → thought → thought.

You can still meditate.

Your practice on a busy-mind day might involve returning to your breath fifty times.

That is still practice.

In fact, it gives you fifty opportunities to notice and return.

Should I Label My Thoughts?

Some people find it useful to give thoughts a simple mental label.

For example:

Planning.

Remembering.

Worrying.

Judging.

Daydreaming.

Thinking.

The label should be brief.

You are not trying to analyse the thought.

If you notice yourself thinking about tomorrow:

“Planning.”

Then return.

If you replay yesterday:

“Remembering.”

Return.

If you worry:

“Worrying.”

Return.

If labels make meditation more complicated for you, don't use them.

Simply:

“Thinking.”

is enough.

Don't Turn Meditation Into a Fight

Imagine spending ten minutes thinking:

“Stop thinking.”

“Stop thinking.”

“Why am I still thinking?”

“I need to clear my mind.”



Ironically, you have spent the entire meditation thinking about not thinking.

Instead of fighting your mind, practise observing it.

There is a major difference between:

controlling your mind

and

becoming aware of your mind.

Meditation focuses much more on the second.

The Goal Is Not Fewer Thoughts

It can be tempting to measure progress like this:

Beginner = lots of thoughts

Experienced meditator = no thoughts

That isn't a useful measurement.

Your mind may be especially active because you are tired, stressed, excited or processing something important.

Even experienced meditators have thoughts.

A better sign of developing awareness may be:

How quickly do I notice that my attention has wandered?

Perhaps at first you disappear into a thought for five minutes before noticing.

Later, you notice after one minute.

Sometimes you notice after a few seconds.

The thought still appeared.

But awareness appeared sooner.

That's different from having no thoughts.

Try This: Thought Awareness Meditation

Set a timer for five minutes.

Sit comfortably.

Close your eyes or soften your gaze.

Begin with your breath.

Notice:

inhale.

exhale.

Continue naturally.

Eventually a thought will appear.

When you realise that your attention has wandered, don't push the thought away.

Simply acknowledge:

“Thinking.”

Don't analyse.

Don't judge.

Return to your breath.

Another thought appears.

Notice.

Return.

Continue until your timer sounds.

At the end, don't ask:

“How many thoughts did I have?”

Ask:

“How many times did I notice?”

That is a completely different way of measuring your practice.

Try This in Everyday Life

This skill doesn't have to stay inside meditation.

Imagine someone sends you a message that irritates you.

Immediately your mind produces thoughts.

“Seriously?”

“I'm going to tell them exactly what I think.”

Instead of responding immediately:

Notice.

“I'm having a strong reaction.”

Don't judge.

You don't need to criticise yourself for being irritated.

Return.

Take a breath.

Feel your feet.

Give yourself a moment.

Then decide whether and how you want to respond.

Meditation doesn't mean becoming passive.

It gives you an opportunity to move from:

automatic reaction

toward:

conscious response.

A Simple MediVana Exercise

Whenever you become lost in thought, remember:

N — NOTICE

“My mind wandered.”

A — ALLOW

You don't need to push the thought away.

Let it be there without judging yourself.

R — RETURN

Gently return your attention to your anchor.

NOTICE → ALLOW → RETURN

You may do this once.

You may do it fifty times.

Both are meditation.

The MediVana Reminder

Your thoughts are not the enemy of meditation.

You don't need to silence them.

You don't need to fight them.

You don't need to follow every one of them.

You are learning something much more practical:

to notice a thought without automatically becoming absorbed in it.

So the next time you meditate and suddenly realise you've spent two minutes thinking about dinner, work, tomorrow or something that happened years ago:

don't think:

“I failed.”

Think:

“I noticed.”

And then come back.

Notice.

Don't judge.

Return.

Again and again.

A wandering mind doesn't mean you failed at meditation.

The moment you notice you've wandered is the moment the practice begins.



Different Types of Meditation

There is no single way to meditate.

When people first hear the word *meditation*, they often imagine someone sitting cross-legged, completely still, with their eyes closed.

That is one form of meditation — but it is only one possibility.

You can meditate while sitting.

You can meditate while lying down.

You can meditate while walking.

You can focus on your breath, your body, sounds, words, images or emotions.

You can meditate in silence or listen to someone's voice guiding you through the practice.

Different meditation techniques train attention in slightly different ways. Some help you become more aware of the present moment. Others focus on the body, emotions, compassion or concentration.

There is no need to decide which type is *the best*.

The better question is:

Which type of meditation works for me right now?

Your preference may even change from day to day.

Here are some of the most common forms of meditation you can explore.

1. Mindfulness Meditation

Mindfulness meditation is about becoming aware of what is happening **right now**.

You may notice:

your breathing,

sensations in your body,

sounds around you,

thoughts,

emotions,

or simply the experience of sitting.

The goal is not to change everything you notice.

Instead, you practise observing your experience without immediately judging it.

Perhaps you hear a car outside.

You notice:

“Sound.”

Then your attention returns to the present moment.

Perhaps a thought appears:

“I have so much work to do tomorrow.”

You notice the thought.

You don't have to solve it.

You return.

Perhaps you notice tension in your shoulders.

Instead of immediately thinking:

“I shouldn't be tense,”

you simply recognise:



“There is tension here.”

Mindfulness teaches you to experience what is happening with greater awareness rather than constantly operating on autopilot.

Try it

Sit comfortably for five minutes.

Notice your breath.

Then gradually become aware of sounds, physical sensations and thoughts.

Whenever you become distracted, gently return to what is happening in the present moment.

2. Breath Meditation

Breath meditation uses your breathing as the main focus of attention.

You don't necessarily need to change your breathing.

You can simply observe it.

Notice:

inhale.

exhale.

You might feel the air around your nostrils.

You might notice your chest moving.

Or you may feel your abdomen gently rise and fall.

Eventually, your mind will wander.

When you notice:

return to the breath.

That return is part of the meditation.

Breath meditation is especially useful for beginners because you always have your breath with you.



No equipment is necessary.

No special environment is required.

Your breath becomes your anchor to the present moment.

Try it

Set a timer for three minutes.

Choose one place where you can clearly feel your breathing.

Stay with that sensation.

When your mind wanders:

notice → return.

3. Body Scan Meditation

A body scan moves your attention slowly through different areas of your body.

Instead of focusing primarily on thoughts, you explore physical sensations.

For example, you might begin with your feet.

What can you feel?

Warmth?

Cold?

Pressure?

Tingling?

Nothing noticeable?

Then you move upward.

Feet.

Lower legs.

Knees.

Thighs.

Hips.

Abdomen.

Chest.

Hands.

Arms.

Shoulders.

Neck.

Face.

You are not searching for a particular sensation.

You are noticing what is already there.

And if you don't feel anything clearly?

That is also something you can notice.

A body scan can help reconnect your attention with your physical experience — especially when you spend much of your day inside your thoughts.

Try it

Lie down or sit comfortably.

Begin with your feet.

Spend several breaths noticing sensations there.

Then slowly move your attention upward through your body.

There is no need to rush.

4. Loving-Kindness Meditation

Loving-kindness meditation focuses on intentionally cultivating feelings of kindness, goodwill and compassion.

Instead of using only the breath as your anchor, you may silently repeat simple phrases.

You might begin with yourself:

May I be safe.

May I be peaceful.

May I be healthy.

May I live with ease.

Then you can gradually extend those intentions toward someone else.

Perhaps someone you love.

Then someone you don't know very well.

And eventually, if appropriate for you, toward people you find more difficult.

This isn't about pretending that you like everyone.

And it doesn't mean accepting harmful behaviour.

The practice is about exploring the possibility of responding to yourself and others with greater compassion rather than automatically feeding anger, judgement or resentment.

If certain phrases feel unnatural, change them.

The words should support the intention rather than become a rigid script.

5. Visualization Meditation

Visualization meditation uses mental imagery as the focus of your attention.

You intentionally imagine a place, experience, object or sensation.

For example, imagine yourself standing on a quiet beach.

Feel the sand underneath your feet.

Hear the waves.

Feel the warmth of the sun.

Notice the horizon.

The more sensory detail you include, the more immersive the visualization may become.

Other visualizations might involve:

a forest,

a mountain,

warm light moving through the body,

a peaceful room,

or another environment that feels supportive.

Visualization isn't about seeing a perfectly clear movie inside your head.

Some people naturally create vivid mental images.

Others experience images much less clearly.

Both are fine.

You can also focus on imagined sensations, sounds or feelings rather than detailed pictures.

6. Mantra Meditation

In mantra meditation, a word, phrase or sound becomes your anchor.

You repeat it silently or aloud.

The repetition gives your attention somewhere to return whenever your mind wanders.

A mantra can be a traditional sound or a simple word or phrase that is meaningful to you.

For example:

Peace.

Here.

Let go.

Or simply:

I am here.

You don't have to force yourself to feel anything particular when repeating the words.

Listen to them.

Feel their rhythm.

Notice when your attention wanders.

Then return to the mantra.

Just as you would return to your breath.

Some people find mantra meditation easier than breath meditation because repeating something gives the mind a more active task.



7. Walking Meditation

Meditation does not require you to sit still.

Walking meditation brings mindfulness into movement.

Instead of walking while thinking about where you need to go next, you intentionally pay attention to the experience of walking.

Notice your foot lifting.

Moving.

Touching the ground.

Notice the shifting of your weight.

Notice your breathing.

Feel the air against your skin.

Hear the sounds around you.

You don't necessarily have to walk extremely slowly.

You can practise mindful walking at a natural pace.

The difference is your attention.

Instead of:

walking while mentally being somewhere else,

you practise:

being present while walking.

Walking meditation can be particularly useful if sitting still feels uncomfortable or if you naturally connect more easily with movement.

And it doesn't have to happen inside a meditation room.

A beach.

A park.

A forest.

A quiet street.

Even a short walk can become part of your meditation practice.

8. Guided Meditation

In guided meditation, someone leads you through the practice using spoken instructions.

The guide may ask you to:

notice your breathing,

relax different areas of your body,

observe your thoughts,

visualize something,

focus on emotions,

or return your attention to the present moment.

For beginners, guided meditation can be especially helpful.

You don't have to keep wondering:

“What am I supposed to do now?”

The voice provides structure.

Guided meditations can also have different purposes.

For example:

relaxation,

sleep,

stress,

self-compassion,

body awareness,

focus,

or mindfulness.

As you gain experience, you may find that you sometimes prefer guided meditation and sometimes prefer silence.



You don't have to graduate from guided meditation.

Using guidance isn't a beginner's failure.

It is simply another way to practise.

Which Type Should I Choose?

You don't have to commit to one meditation style.

Experiment.

If sitting with your breath makes you restless, try walking meditation.

If your mind is extremely busy, a guided meditation may give you more structure.

If you spend your entire day thinking, try a body scan and bring your attention into your body.

If you are being particularly hard on yourself, loving-kindness meditation may be worth exploring.

If you enjoy imagination, visualization may feel natural.

If focusing on your breath feels uncomfortable, use a mantra, sounds or body sensations instead.

Think of meditation techniques as different tools.

You don't use the same tool for every situation.

Your meditation practice can change depending on what you need.

A Simple Beginner Experiment

Instead of immediately deciding:

“This is my type of meditation,”

try several styles.

For example:

Day 1 — Breath Meditation

5 minutes

Day 2 — Body Scan

10 minutes

Day 3 — Guided Meditation

10 minutes

Day 4 — Walking Meditation

10 minutes

Day 5 — Mindfulness Meditation

5 minutes

Day 6 — Loving-Kindness

5–10 minutes

Day 7 — Your Favourite

Choose the practice you enjoyed most.

After each meditation, ask yourself:

Was it easy to understand?

Did I feel comfortable doing it?

Could I imagine practising this regularly?

What did I notice?

You don't need to choose the meditation that makes you feel the calmest.

Choose something you are actually willing to practise.

Meditation Does Not Have to Look a Certain Way

This may be one of the most useful things to remember as you explore different techniques.

Meditation doesn't have to mean:

a silent room,

a perfect lotus position,

candles,

incense,

thirty minutes of complete stillness,

or an empty mind.

It can be five minutes of following your breath.

It can be noticing your body before you go to sleep.

It can be walking along the beach while deliberately feeling each step.

It can be listening to a guided practice.

It can be repeating a phrase and returning whenever your mind wanders.

The technique may change.

The underlying skill remains similar:

Pay attention.

Notice when you drift away.

Come back.

The MediVana Reminder

You don't need to find the perfect meditation.

You need to find a practice that helps you **practise being present** — and that fits into your actual life.

Explore.

Experiment.

Notice what works for you.

And remember:

There are many ways to meditate.

The best place to begin is with the one you will actually practise.

Your First 5-Minute Meditation

You have learned what meditation is.

Now it is time to stop reading about it for a moment — and actually experience it.

For your first meditation, you don't need to sit for twenty or thirty minutes.

You don't need complete silence.

You don't need to clear your mind.

And you don't need to feel relaxed.

All you need is **five minutes**.

Find a comfortable position.

You can sit on a chair, on a meditation cushion or cross-legged on the floor.

Allow your spine to feel naturally upright without making your body stiff.

Rest your hands wherever they feel comfortable.

Close your eyes, or keep them slightly open with a soft gaze.

When you're ready, begin.

Minute 1 — Arrive

Don't try to meditate yet.

Simply notice that you are here.

Feel the surface underneath your body.

Notice the position of your legs.

Your hands.

Your shoulders.

Your face.

Notice any sounds around you.

You don't need to make them disappear.

For this moment, there is nowhere else you need to be.

Just arrive.

Minute 2 — Find Your Breath

Now bring your attention to your breathing.

Don't deliberately change it.

Simply notice:

inhale...

exhale...

Where do you feel your breath most clearly?

At your nose?

Your chest?

Your abdomen?

Choose one place and allow it to become your anchor.

Follow one breath in.

Follow one breath out.

Then the next.

Minute 3 — Notice Your Mind

At some point, your attention will probably wander.

Perhaps you start thinking about something you need to do.

A conversation.

Tomorrow.

Food.

Work.

Or whether you are meditating correctly.

When you notice this, don't become frustrated.

Simply recognise:

“Thinking.”

You don't have to finish the thought.

You don't have to push it away either.

Notice it.

Allow it.

Then gently return to your breath.

Notice → Allow → Return.

Minute 4 — Body + Breath

Now allow your awareness to become slightly wider.

Notice your breathing.

And at the same time, notice your body sitting here.

Feel the contact underneath you.

Notice your shoulders.

Your hands.

Your face.

If you notice tension, you don't have to force it away.

Simply become aware of it.

Your body is here.

Your breath is here.

And for this moment, you are here too.

Minute 5 — Open Your Awareness

For the final minute, stop focusing so narrowly on your breath.

Allow yourself to notice the whole experience.

Your body.

Your breathing.

Sounds around you.

Thoughts that come and go.

You don't need to hold onto anything.

Just notice.

Take one final conscious breath.

Inhale.

Exhale.

When you are ready, gently open your eyes.

Before immediately reaching for your phone or moving on to the next thing, stay still for a few seconds.

Ask yourself:

What did I notice?

Not:

“Was I good at meditation?”

Not:

“Did I relax enough?”

Simply:

“What did I notice?”

That was your first meditation.

YOUR FIRST

5-MINUTE MEDITATION



01 — ARRIVE

Feel your body.
Notice the sounds around you.
Let yourself arrive.



02 — BREATHE

Notice your natural breath.
Choose your nose, chest or
abdomen as your anchor.



03 — NOTICE

Your mind wandered?
That's okay.
Notice → Allow → Return.



04 — FEEL

Notice your body and
your breath together.
No need to change anything.



05 — OPEN

Notice your breath, body,
sounds and thoughts.
Take one final conscious breath.



You don't need to stop thinking.
*You only need to notice when you've wandered —
and come back.*



Your First 10-Minute Meditation

You have already experienced what five minutes of meditation can feel like.

Now we are going to stay a little longer.

Not because longer automatically means better, but because a few extra minutes give you more time to notice what happens when you stay present.

You may notice your breathing becoming easier to follow.

You may become more aware of your body.

You may also notice more thoughts, restlessness or impatience.

All of that can be part of the practice.

Remember:

You are not trying to create ten perfect minutes.

You are practising returning to the present moment for ten minutes.

Find a comfortable position.

Sit on a chair, meditation cushion or on the floor.

You can also lie down if sitting is uncomfortable, although lying down may make you sleepy.

Let your spine feel naturally upright.

Relax your hands.

Close your eyes or soften your gaze.

Set a timer for ten minutes.

When you're ready, begin.

Minute 1 — Arrive

Before focusing on anything, give yourself a moment to arrive.

Feel the surface underneath you.

Notice where your body makes contact with the chair, cushion or floor.

Notice the sounds around you.

You don't need complete silence.

Let the environment be exactly as it is.

Then notice:

I am here.

Minute 2 — Settle Into Your Body

Bring your attention into your body.

Notice your feet.

Your legs.

Your hips.

Your abdomen.

Your shoulders.

Your hands.

Your jaw.

Your face.

You don't need to relax every muscle.

Simply notice how your body feels right now.

If you find tension somewhere, acknowledge it.

No need to immediately change it.

Minutes 3–4 — Follow Your Breath

Now bring your attention to your natural breathing.

Don't force a deep breath.

Don't try to create a particular rhythm.

Find where you feel your breathing most clearly.

Perhaps at your nose.

Your chest.

Or your abdomen.

Then follow:

inhale...

exhale...

Stay with the next breath.

And the next.

Your breath is your anchor.

Minutes 5–6 — Notice Your Thoughts

By now, your mind has probably wandered.

Perhaps many times.

Good.

Now you can practise noticing.

When a thought appears, you don't need to fight it.

You also don't need to continue the story.

Simply recognise:

“Thinking.”

If it helps, give the thought a simple label:

Planning.

Remembering.

Worrying.

Judging.

Then let the label go.

Return to your breath.

Remember:

Notice → Allow → Return.

If your mind wanders again five seconds later, repeat the process.

There is nothing to fix.

Minute 7 — Notice Your Body Again

Now move your attention away from the breath for a moment.

Notice your body.

Has anything changed?

Perhaps your shoulders feel different.

Perhaps you notice tension you didn't notice before.

Maybe your legs feel restless.

Maybe nothing feels different.

There is no correct experience.

Notice without immediately judging.

Minute 8 — Open Your Awareness

Now allow your attention to become wider.

Instead of focusing on one thing, become aware of several parts of your experience.

Your breath.

Your body.

Sounds.

Thoughts.

Sensations.

You don't have to choose one.

Let them come and go within your awareness.

A sound appears.

Then disappears.

A thought appears.

Then changes.

A sensation appears.

Then shifts.

Notice the movement of experience.

Minute 9 — Simply Be Here

For this minute, there is very little to do.

You don't need to search for relaxation.

You don't need to achieve anything.

You don't even need to meditate perfectly.

Sit.

Breathe.

Notice.

If your attention wanders:

come back.

If it wanders again:

come back again.

This moment is enough.

Minute 10 — Close Your Practice

Bring your attention back to your breathing.

Take one comfortable, conscious breath.

Inhale.

Exhale.

Notice your body sitting here.

Notice the room or environment around you.

Listen to the sounds.

Then slowly begin moving your fingers and toes.

When you're ready, gently open your eyes.

Don't immediately grab your phone.

Give yourself a few seconds.

Then ask:

What did I notice?

Maybe you feel calm.

Maybe you don't.

Maybe your mind was busy.

Maybe ten minutes felt surprisingly short.

Maybe it felt incredibly long.

None of these experiences determines whether the meditation was successful.

The practice was simply:

You noticed.

You wandered.

You returned.

And you stayed for ten minutes.

What If 10 Minutes Feels Long?

That's completely normal.

Five minutes and ten minutes can feel surprisingly different when you are sitting quietly.

You don't have to force yourself through discomfort just to reach a number on a timer.

If ten minutes feels difficult, continue practising for five minutes and gradually add time.

Try:

5 minutes → 6 minutes → 8 minutes → 10 minutes.

Meditation doesn't need to become an endurance challenge.

Consistency is more useful than forcing yourself into sessions you don't want to repeat.

5 Minutes vs. 10 Minutes

The purpose of moving from five to ten minutes isn't simply to meditate for longer.

The additional time gives you more opportunities to experience the actual practice.

Your mind wanders.

You notice.

You return.

Your body becomes restless.

You notice.

You stay present.

A sound distracts you.

You notice.

You return.

That is where meditation becomes interesting.

You're not practising perfect concentration.

You're practising **awareness and returning**.

After Your Meditation

Before moving on with your day, take a moment to check in.

You can ask yourself:

What did I notice in my body?

What thoughts kept returning?

Was there a moment when I became impatient?

Was it easier or harder than five minutes?

What helped me return?

You don't need to write an essay.

Even one sentence is enough.

For example:

“My mind was very busy today.”

Or:

“I noticed tension in my shoulders.”

Or:

“I kept thinking about work.”

This isn't about judging the meditation.

It is about becoming curious about your experience.

The MediVana Reminder

Ten minutes of meditation doesn't need to mean ten minutes of peace.

Some days may feel peaceful.

Some may feel restless.

Some may feel ordinary.

The purpose isn't to control what happens during those ten minutes.

The practice is learning to **notice what happens while you are there.**

You don't need ten perfect minutes.

You only need ten minutes in which you are willing to notice — and return.

YOUR FIRST

10-MINUTE MEDITATION

01



ARRIVE • 1 MIN

Feel the surface underneath you.
Notice the sounds.
Let yourself arrive.

02



BODY • 1 MIN

Notice your body from feet to face.
Nothing needs to change.

03



BREATHE • 2 MIN

Follow your natural breath.
Inhale. Exhale. Return.

04



NOTICE • 2 MIN

Thoughts will come.
Notice → Allow → Return.

05



FEEL • 1 MIN

Return to your body.
Notice sensations without judging them.

06



OPEN • 1 MIN

Notice breath, body,
sounds and thoughts.

07



BE HERE • 1 MIN

Nothing to achieve.
Sit. Breathe. Notice.

08



CLOSE • 1 MIN

Take one conscious breath.
Slowly open your eyes.

You don't need ten perfect minutes.
You only need to notice — and return.



Common Beginner Problems

Meditation can look incredibly simple from the outside.

Sit down. Close your eyes. Breathe.

But once you actually try it, you may discover something very different.

Your mind won't stop talking.

Your body wants to move.

You become bored.

You start wondering how much time is left.

Or you finish the meditation and think:

“Was that it? Am I even doing this right?”

These experiences are extremely common, especially when you are beginning.

They don't necessarily mean meditation isn't working.

In many cases, you are simply becoming more aware of things that were already happening in the background.

Let's look at some of the most common difficulties.

“I Can't Stop Thinking.”

This is probably the biggest misunderstanding beginners have about meditation.

You sit down, close your eyes and within seconds your mind starts:

What am I going to eat later?

I need to answer that message.

Did I send that email?

How long have I been sitting here?

Why can't I stop thinking?

And then comes the conclusion:

“I'm bad at meditation.”

But meditation does not require you to stop thinking.

Your mind produces thoughts. That is what minds do.

The practice is learning to **notice** when your attention has been carried away by a thought.

Imagine that you are following your breath.

Then suddenly you realise you have spent the last thirty seconds thinking about tomorrow.

That moment of recognition matters.

You noticed.

Now you can return.

Thought → Notice → Return

Then another thought appears.

Notice.

Return.

Again.

And again.

Every return is part of the practice.

MediVana Reminder

A wandering mind is not a failed meditation.

Noticing that your mind wandered is awareness.

“I Get Bored.”

When you are used to constant stimulation, sitting quietly can feel surprisingly uncomfortable.

Phones, messages, videos, conversations, music, work and entertainment constantly give your attention something new.

Meditation removes much of that stimulation.

Suddenly there is:

your breath,
your body,
some sounds,
and your thoughts.

You might think:

“This is boring.”

Instead of immediately escaping the boredom, try becoming curious about it.

Where do you feel boredom?

What happens when you don't immediately respond to it?

Do you become restless?

Do you want to check your phone?

Do you start planning something?

Even boredom can become something you observe.

You don't have to enjoy every second of meditation for meditation to be useful.

“I Can't Sit Still.”

Then don't force yourself to become a statue.

Meditation does not require complete physical stillness.

If your leg hurts, adjust it.

If your back needs support, use support.

If sitting on the floor is uncomfortable, sit on a chair.

If you need to swallow, swallow.

If you need to scratch your nose, you can scratch your nose.

The interesting part is what happens **before** you automatically move.

Suppose your nose starts itching.

Instead of immediately scratching it, notice:

“There is an itch.”

Wait for a moment.

Observe the sensation.

Maybe it disappears.

Maybe it becomes stronger.

Maybe you decide to scratch it.

The goal isn't to prevent movement.

The goal is to become more aware of the impulse before automatically reacting to it.

And if sitting meditation simply doesn't suit you?

Try **walking meditation**.

Stillness is a method, not a requirement.

“I Fall Asleep.”

Meditation can make you more aware of how tired you actually are.

It can also happen because you meditate:

late at night,

lying in bed,

after a long day,

or in an extremely comfortable position.

If you repeatedly fall asleep and you want to remain awake, experiment with your setup.

Try sitting instead of lying down.

Meditate earlier in the day.

Keep your eyes slightly open.

Sit somewhere with natural light.

Keep your spine comfortably upright.

You can also try walking meditation.

And remember the difference between **meditation and sleep**.

If your intention is to meditate, you are practising awareness.

If your intention is to fall asleep, a sleep meditation can intentionally help you transition toward rest.

Neither is wrong.

They simply have different purposes.

“Am I Doing It Right?”

This question appears constantly.

You might wonder:

Should I breathe differently?

Should my mind be quieter?

Should I feel something?

Should I be more relaxed?

Am I sitting correctly?

For a basic meditation, the process can be surprisingly simple.

You choose an anchor.

For example, your breath.

You pay attention to it.

Your attention wanders.

You notice.

You return.

That's the practice.

You don't need a special feeling to prove that you meditated correctly.

A session can feel peaceful.

Another can feel chaotic.

Both can still contain meditation practice.

Instead of asking:

“Did I do it perfectly?”

ask:

“Did I practise noticing and returning?”

If the answer is yes, you practised meditation.

“I Don't Feel Relaxed.”

Meditation and relaxation are often presented as if they are the same thing.

They aren't.

Relaxation **can** happen during meditation.

But it isn't guaranteed.

Sometimes meditation makes you feel calm.

Sometimes you notice how tense you are.

Sometimes you become aware of emotions you had been ignoring.

Sometimes your mind feels extremely busy.

And sometimes you finish feeling almost exactly the same as when you started.

That doesn't automatically mean the meditation failed.

The purpose of meditation isn't:

“I must feel calm.”

A more useful intention is:

“I am going to notice what is happening right now.”

If calmness appears, notice it.

If restlessness appears, notice it.

If frustration appears, notice it.

Meditation isn't about manufacturing the experience you think you should be having.

It is about becoming more aware of the experience you **are** having.

What If Meditation Feels Difficult?

Make it smaller.

You don't need to immediately meditate for twenty minutes.

If ten minutes feels overwhelming, practise for five.

If five feels difficult, start with three.

You can even begin with one conscious minute.

Building a meditation practice is similar to building many other habits.

The session needs to be realistic enough that you are willing to come back tomorrow.

3 minutes every day can be more useful for building a habit than 30 minutes once and then never meditating again.

Stop Rating Every Meditation

One habit worth dropping early is immediately labelling every meditation:

Good meditation.

Bad meditation.

Relaxing meditation.

Terrible meditation.

Successful meditation.

Failed meditation.

Instead, become curious.

Ask:

What did I notice today?

Maybe today you noticed how restless you were.

Tomorrow you may notice your breathing more clearly.

Another day you may discover that the same thought keeps returning.

This is information.

Awareness grows through observation, not through constantly grading yourself.

The MediVana Beginner Check

When meditation feels difficult, remember:

Busy mind?

Notice the thought. Return.

Bored?

Notice the boredom. Stay curious.

Restless?

Notice the urge to move. Adjust when necessary.

Sleepy?

Sit upright, open your eyes or practise earlier.

Unsure?

Return to your anchor.

Not relaxed?

You don't have to be.

And perhaps the most important reminder:

You don't need to have a perfect meditation experience to practise meditation.

You only need to keep noticing.

And returning. Again. And again.

7-DAY

MEDIVANA MEDITATION CHALLENGE

7 DAYS TO CREATE CALM, CLARITY & CONNECTION

DAY 1		JUST BREATHE Focus on your natural breath. Inhale. Exhale. Return.	 5 MINUTES	☐
DAY 2		NOTICE YOUR BODY Bring awareness to your body from head to toe.	 5-7 MINUTES	☐
DAY 3		WATCH YOUR THOUGHTS Notice your thoughts. Don't follow them. Just observe.	 5-7 MINUTES	☐
DAY 4		LET GO Allow thoughts and feelings to come and pass.	 7 MINUTES	☐
DAY 5		BODY SCAN Move your attention slowly through your body.	 10 MINUTES	☐
DAY 6		GRATITUDE Focus on the things you are grateful for.	 7-10 MINUTES	☐
DAY 7		SIT IN STILLNESS Sit, be present, and rest in the here and now.	 10 MINUTES	☐

MY REFLECTION

After 7 days, take a moment to reflect.

My favourite practice was...

.....

.....

.....

What did I notice during these 7 days?

.....

.....

.....

One day at a time. You've got this. ♥

7-Day MediVana Meditation Challenge

You have learned the basics.

Now it's time to practise.

For the next seven days, you don't need to become better at meditation.

You don't need to meditate for a long time.

And you definitely don't need seven perfect sessions.

There is only one goal:

Show up.

Each day has a different focus so you can experience several aspects of meditation for yourself.

Find a quiet moment in your day.

Put your phone away.

Get comfortable.

And give yourself a few minutes to simply be present.

Ready?

Let's begin.

Day 1 — Just Breathe

5 minutes

Today, keep it simple.

Sit comfortably and bring your attention to your natural breathing.

Don't try to breathe deeper or slower.

Just notice.

Where can you feel your breath most clearly?

Your nose?

Your chest?

Your abdomen?

Choose one place.

Follow your inhale.

Follow your exhale.

Sooner or later, your mind will wander.

When you notice:

come back to your breath.

That's all.

No complicated technique.

No perfect concentration.

Just breathe.

Today's reminder

Your breath is always available as a way back to the present moment.

Afterwards ask yourself:

Where did I feel my breath most clearly?

Day 2 — Notice Your Body

5–7 minutes

Today, move your attention away from your thoughts and into your body.

Sit comfortably.

Take a few natural breaths.

Then notice:

your feet,

your legs,

your hips,
your abdomen,
your shoulders,
your hands,
your jaw,
your face.

Don't search for relaxation.

Instead, become curious about what is already there.

Perhaps you notice warmth.

Pressure.

Tension.

Tingling.

Heaviness.

Or almost nothing.

Everything is allowed.

Today's reminder

You don't have to change what you feel before you can become aware of it.

Afterwards ask yourself:

What sensation did I notice that I hadn't noticed before?

Day 3 — Watch Your Thoughts

5–7 minutes

Today, we practise one of the most important meditation skills:

watching thoughts without automatically following them.

Begin with your breath.

After a while, a thought will appear.

Maybe:

I need to do something.

What am I having for dinner?

This is taking forever.

Am I doing this right?

Instead of continuing the story, simply recognise:

“Thinking.”

Then return to your breath.

Another thought?

Notice.

Return.

You don't have to empty your mind.

You are learning to recognise when your attention has been captured.

Today's reminder

Thought → Notice → Return

Afterwards ask yourself:

Which thoughts kept returning today?

Day 4 — Let Go

7 minutes

Today is about practising something we often find difficult:

letting an experience be there without holding onto it.

Begin with your breathing.

Notice what appears.

A thought.

A sound.

An emotion.

A physical sensation.

Instead of pushing it away or continuing it, quietly tell yourself:

“I can let this pass.”

Imagine the experience moving through your awareness like a cloud moving across the sky.

You don't have to chase the cloud.

You don't have to make it disappear.

Let it move.

Then return to your breath.

And remember: letting go doesn't mean you suddenly stop caring.

It means you don't have to engage with everything that appears in your mind.

Today's reminder

Not everything that enters your mind needs your attention.

Afterwards ask yourself:

What was difficult for me to let pass?

Day 5 — Body Scan

10 minutes

Today, give your body your full attention.

Lie down or sit comfortably.

Close your eyes if that feels comfortable.

Begin with your feet.

Notice whatever sensations are present.

Then slowly move upward.

Feet.

Lower legs.

Knees.

Thighs.

Hips.

Abdomen.

Chest.

Hands.

Arms.

Shoulders.

Neck.

Face.

You don't have to relax each body part.

You don't need to feel anything special.

Your task is simply to notice.

When you reach your face, take one slow breath and become aware of your entire body at once.

Today's reminder

Your body is happening in the present moment.

Afterwards ask yourself:

Where was I holding the most tension?

Day 6 — Gratitude

7–10 minutes

Today, bring your attention toward gratitude.

Begin with a few natural breaths.

Then think of something you appreciate.

It doesn't need to be something extraordinary.

Perhaps:

someone you love,

your body carrying you through the day,

a safe place to sleep,

a conversation,

your morning coffee,

sunlight,

a small moment from today.

Choose one.

Instead of immediately searching for the next thing, stay with it.

Notice what happens in your body as you think about it.

Then slowly bring another thing to mind.

And another.

Don't force yourself to feel grateful.

Simply create space to recognise what is already meaningful to you.

Today's reminder

Gratitude doesn't require a perfect life. It asks us to notice what is already here.

Afterwards ask yourself:

What am I grateful for today?

Day 7 — Sit in Stillness

10 minutes

Today there is less guidance.

Because now you already know what to do.

Find your position.

Set your timer.

Sit.

Notice your body.

Notice your breathing.

When thoughts appear, notice them.

When sounds appear, hear them.

When sensations appear, feel them.

You don't have to follow everything.

And you don't have to push anything away.

When you become distracted:

return.

Breath.

Body.

Present moment.

For the final minute, let go of any particular technique.

Simply sit.

Nothing to achieve.

Nothing to prove.

Nothing you need to become during these ten minutes.

Just be here.

When your timer ends, don't immediately stand up.

Take one conscious breath.

Open your eyes.

And notice how you feel.

Today's reminder

Stillness isn't the absence of thoughts. It is your willingness to stay present while life continues to move.

You Completed 7 Days

Seven days won't transform you into someone who never gets stressed, distracted or overwhelmed.

That isn't the purpose.

What you have done is more practical.

You have practised:

breathing consciously,

noticing your body,

observing your thoughts,

letting experiences pass,

directing your attention,

practising gratitude,

and

sitting with yourself without constantly needing to do something.

Now comes the more important question:

What would happen if you continued?

You don't need an hour every day.

Start with something sustainable.

Five minutes.

Ten minutes.

A short walking meditation.

A guided meditation before work.

A body scan before bed.

Choose something that fits your actual life.

Because meditation doesn't become part of your life through one perfect session.

It becomes part of your life by returning to it.

One day at a time.

Your 7-Day Reflection

At the end of the challenge, take a few minutes to answer:

Which meditation did I enjoy most?

Which meditation was most difficult?

What did I notice about my thoughts?

What did I notice about my body?

When was meditation easiest to fit into my day?

What would I like to continue practising?

Then choose your next step.

5 minutes a day.

7 days completed.

Now build your practice.

MediVana · Mind. Body. Balance.

Building Your Own Meditation Routine

Starting meditation is one thing.

Making it part of your life is something else.

You may feel motivated after your first few sessions and decide:

“From now on, I’m going to meditate for 30 minutes every day.”

Then life happens.

You wake up late.

Work gets busy.

You don't feel like meditating.

You miss one day.

Then another.

And suddenly the new meditation routine has disappeared.

This is why, especially as a beginner, the goal shouldn't be to meditate for as long as possible.

The first goal is much simpler:

Make meditation easy enough to repeat.

Start Smaller Than You Think

You don't need to begin with twenty or thirty minutes.

Start with:

5 minutes a day.

Five minutes may not sound impressive.

That's exactly the point.

You are creating something that can realistically fit into your life.

Once five minutes feels normal, you can gradually increase the duration.

For example:

Week 1 — 5 minutes

Week 2 — 5–7 minutes

Week 3 — 7–10 minutes

Week 4 — 10 minutes

After that, decide whether you actually want to meditate for longer.

You don't have to.

A meditation routine isn't successful because the sessions become longer.

It is successful when you **keep returning to it.**

Consistency Before Duration

Imagine two people.

One meditates for thirty minutes on Sunday and doesn't meditate again for the rest of the week.

The other meditates for five minutes almost every morning.

For someone trying to build a new habit, the second routine is usually much easier to maintain.

Instead of asking:

“How long should I meditate?”

begin with:

“What can I realistically repeat?”

Your routine should fit your life.

Your life shouldn't have to revolve around your meditation routine.

Choose Your Meditation Moment

Meditation becomes easier to remember when you connect it to something that already happens every day.

Instead of:

“I'll meditate sometime today.”

make the moment more specific.

For example:

After I wake up → I meditate for 5 minutes.

After my morning coffee → I meditate for 5 minutes.

After my workout → I meditate for 5 minutes.

Before I start work → I meditate for 5 minutes.

Before bed → I do a 10-minute body scan.

The existing activity becomes a reminder.

You don't have to constantly decide when meditation will happen.

Choose a Place

Having a regular place can also make starting easier.

It doesn't need to be a beautiful meditation room.

It could simply be:

a meditation cushion beside your bed,

a chair near a window,

a corner of your living room,

your yoga mat,

or a quiet place outside.

Keep what you need nearby.

A cushion.

A blanket.

Headphones.

Your meditation timer.

The fewer steps required to begin, the easier it becomes to practise.

Choose Your Practice

You also don't need to do exactly the same meditation every day.

Create a simple **meditation menu**.

For example:

Busy mind → Breath meditation

Tense body → Body scan

Restless → Walking meditation

Need structure → Guided meditation

Emotionally overwhelmed → Loving-kindness

Want quiet → Silent meditation

This gives you flexibility without having to abandon the habit.

The routine stays.

The meditation can change.

Have a Minimum

Some days, ten minutes will feel easy.

Other days, even five minutes may feel like too much.

Create a minimum version of your routine.

For example:

My normal meditation = 10 minutes

My minimum meditation = 2 minutes

On a difficult day, do the minimum.

Sit down.

Take a breath.

Stay for two minutes.

Done.

The purpose of your minimum isn't to have an amazing meditation.

It keeps the connection with your routine alive.

Something small is still something.

Missing a Day Is Not Starting Over

You will probably miss a meditation at some point.

Maybe several.

That doesn't erase everything you have practised.

Avoid thinking:

"I ruined my routine."

Instead:

return at the next opportunity.

You don't have to compensate by meditating twice as long.

You don't have to punish yourself.

You don't have to wait until Monday.

Simply continue.

One missed meditation is a missed meditation.

It doesn't have to become the end of your routine.

Let Your Routine Grow With You

After a few weeks, check what is working.

Maybe five minutes feels too short now.

Increase it.

Maybe ten minutes is perfect.

Keep it.

Maybe sitting meditation still feels uncomfortable.

Walk.

Maybe guided meditation helped you begin, but now you want to experiment with silence.

Try it.

Your meditation practice doesn't have to stay exactly the same.

A sustainable routine can evolve with you.

Build Your Routine

Complete these four sentences:

I will meditate...

After _____

I will meditate...

At / in _____

My meditation will be...

I will begin with...

_____ minutes

And on difficult days:

My minimum is _____ minutes.

The MediVana Reminder

Don't build the meditation routine you think you *should* have.

Build the one you can actually maintain.

You can always do more later.

Start small.

Make it easy.

Repeat it.

Let it grow.

5 minutes.

One regular moment.

One regular place.

Again tomorrow.





BUILD YOUR MEDITATION ROUTINE

A SIMPLE ROUTINE. EVERY DAY. REAL CHANGE.



WHEN

Choose your
moment.

+



WHERE

Choose your
place.

+



WHAT

Choose your
practice.

+



HOW LONG

Choose your
duration.

=

MY MEDITATION ROUTINE



I WILL MEDITATE...

After



I WILL MEDITATE...

At / in



MY MEDITATION WILL BE...

.....



I WILL BEGIN WITH...

..... MINUTES



MY MINIMUM ON BUSY DAYS: MINUTES

Continue Your Journey With MediVana

You have reached the end of this guide.

But your meditation practice doesn't have to end here.

Throughout this book, you have learned how to begin.

You have explored your breath, your body and your thoughts.

You have discovered different meditation techniques.

You have practised sitting in stillness.

And most importantly, you have learned that meditation isn't about becoming perfectly calm or having an empty mind.

It is about becoming more aware of what is happening — and learning to return.

To your breath.

To your body.

To this moment.

Now you can begin building a practice that fits your life.

And when you're ready to go further, MediVana is here to guide you.

Watch & Learn

Sometimes it is easier to understand meditation when you can see it in practice.

Through MediVana videos, you can continue learning about meditation, breathing, posture, mindfulness and practical ways to bring more awareness into everyday life.

These aren't only lessons about meditation.

They are tools you can actually use.

Learn. Try. Experience. Repeat.

→ **Watch MediVana Videos**

Short meditations on youtube channel: <https://www.youtube.com/@Medivananl>

<https://www.instagram.com/medivana.nl/>

Meditate With Me

You don't always have to meditate alone.

Guided meditations give you something to return to when your mind wanders.

My voice guides you through the practice while you focus on experiencing it.

You will be able to choose meditations for different moments, such as:

Morning meditation

Breath awareness

Stress release

Body scan

Sleep & relaxation

Walking meditation

Gratitude

Self-awareness

Stillness

Quick 5-minute resets

Some days you may want five minutes.

Other days you may want twenty.

Choose what you need.

Press play.

And begin.

→ **Explore Guided Meditations**

Join a Live Meditation

There is something different about practising together.

MediVana live online meditation sessions give you a dedicated moment to step away from everything else and practise with guidance.

You don't need previous meditation experience.

You don't need a perfect meditation space.

And you don't need to know exactly what you're doing.

Simply show up.

During the sessions, I will guide you through the practice from beginning to end.

Your only job is to be there.

→ **Join a Live MediVana Session ; www.medivana.nl**

Practise Whenever You Need It

Can't attend live?

Or would you rather practise in your own time?

MediVana recorded sessions allow you to create your own meditation moment wherever you are.

At home.

Before work.

After a busy day.

While travelling.

Or whenever you need a moment to reconnect with yourself.

Choose a session.

Find a comfortable place.

And press play.

→ **Explore Recorded Sessions ; www.medivana.nl**

Go Deeper

When meditation becomes something you want to understand and practise more deeply, you can continue with structured MediVana programs.

Instead of choosing individual meditations, a program takes you through the practice step by step.

You may begin with the basics and gradually explore:

breath awareness,

mindfulness,

body awareness,

working with thoughts,

emotions,

stillness,

self-awareness,

and bringing meditation into everyday life.

No rushing.

No pressure to become “good” at meditation.

Just structured practice that grows with you.

→ **Explore MediVana Programs :: www.medivana.nl**

This Is Only the Beginning.

You don't need to change your entire life to make space for meditation.

Start with one breath.

Then five minutes.

Then come back tomorrow.

Over time, those small moments of awareness can become something much bigger:

a different way of relating to your thoughts,

your body,

your emotions,

and your everyday life.

Wherever your practice takes you next,

I'll meet you there.



Gülcan Aktaş
Founder of MediVana

MediVana
Mind. Body. Balance.

www.medivana.nl

info@medivana.nl

<https://www.youtube.com/@Medivananl>

<https://www.instagram.com/medivana.nl/>

Disclaimer

This guide is intended for educational and informational purposes only. It is not a substitute for medical, psychological or other professional healthcare advice. Meditation and breathing practices should always be adapted to your individual needs and comfort. Stop any exercise that causes pain, dizziness or significant distress and seek appropriate professional support when needed.

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