

# ***HOW TO CREATE A DAILY MEDITATION PRACTICE***





Meditation is a powerful practice that we can include in our daily lives. It provides a way to remain calm and sane in our ever-changing world. Also, research has discovered many health benefits attached to daily meditation. Meditation helps with psychological balance, dealing with stress and coping with pain and illnesses [\[1\]](#).

Although many people are familiar with the benefits of this practice, not everyone has come around to doing it. Some people feel they have no time while others are unsure of where and how to start. The great thing about meditation is that anyone can practice it at any time. You don't have to be a guru to include meditation in your daily routine. If you're struggling with creating a daily meditation practice, we've broken down a simple way to get started.

## **Creating a Daily Meditation Practice**

### **Set a Time and Reminder**

Meditation involveDedicating a specific time during your day to meditate is one of the crucial steps to establishing a practice. The same way we set schedules and reminders for other activities is the same way we should approach this. If you're a busy person, you know how important reminders and schedules are. Although there are a ton of suggestions on the best times to meditate, you can choose what works for you. Carving time out in the mornings is however a good place to start. Meditating in the morning is a great way to start your day on a calm and positive note. This also helps to set the tone for the rest of the day. You can also carve out time at night, before



bed, for your meditation practice. s “zenning out”. Which means relaxing in a serene environment while clearing or focusing your mind on one thought. Sometimes it may be focusing on a mantra, counting, holding your own breathing, or a sound like “oohmmm,” or nothing at all. The main goal is to get the mind to stop focusing on everything but one thing. It’s advised that you have at least a distraction-free 20 minutes for meditation, though it may last longer than that. You can start with a few minutes and then build it into a habit.

## Start Small

The mistake some people make when starting out is shooting too high. Although it’s great to sit and meditate for several minutes at a stretch, sometimes this is not the case. It’s okay to dedicate even just five minutes to your meditation practice. Instead of feeling frustrated about being unable to meditate for thirty minutes, dedicate just five minutes a day. As you keep up your practice, you’ll notice that you begin to meditate for longer. The key to establishing a meditation practice is including it as a daily routine. Meditation is not a competition of who can stay on the mat the longest.

## Choose a Comfortable Space

Creating a dedicated space for your practice can serve as motivation to keep going. Whether you live in a mansion or a small bungalow, you can create a zen area. Some people dedicate an entire room for meditating while others simply create an area within a room. Whichever you choose, make your meditation area a place you feel excited to visit. You can add pillows, a mat and any other sentimental item you desire. Some people also light incense



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## Start with Your Breath

There are various forms of meditation. From mindfulness meditation to sound bath and visualisation, we have many options. If you're just starting, focused attention is one of the most common mediation practices to adopt. Oftentimes, this involves focusing on your breath and using it as your anchor. If you find it hard to stay with your breath, you can also try a body scan.

## Try Guided Meditation

There are several applications, podcasts and YouTube videos that offer guided meditation. If you're struggling with meditating in silence, you can look up resources online. Most applications also offer reminders that make it easy to add meditation into your daily routine. Guided meditations offer an easy way to get comfortable with meditating. This way, you don't have to worry about 'doing it right' or not.



# Finally

By following this guideline, you're on your way to effortlessly meditating daily. Make up your mind to create a daily practice, put in the work and enjoy the benefits.

## References

[1] National Center for Complementary and Integrative Health. (2016, April). [Meditation: In Depth](#). NCCIH