



MEDITATION MADE EASY

A Simple Guide for Beginners

This simple beginners guide will help you become a better meditator. We want you to love meditation and develop rich rewards in the form of inner peace, a focused mind, and a centered soul.

So we've collected the best of About Meditation's how-to articles and practice tips into a simple pdf guide to help you hone and deepen your meditation.

You'll find inspiration for your daily practice, solutions to your struggles, and in-depth answers to your questions about meditation and mindfulness.

You'll get answers to questions like:

1. When should I meditate?
2. How do I start?
3. What are some different techniques?
4. What happens if I fall asleep?
5. What are the rewards and benefits of meditation?
6. What is moving meditation?
7. How do I know if I'm making progress?
8. How do I stop my thoughts?

➤ [**Meditation for Beginners: A 3-Step Guide for Daily Meditation**](#)

How do you start your meditation practice? Here we focus on the three building blocks of your practice: intention, attention, and relaxation. Practice these basic principles of meditation, and you'll be on your way in no time.

➤ [**This is One Approach to Meditation You Can't Mess Up**](#)

This counting meditation technique will help you focus your mind. A handy little trick that you can practice anytime and anywhere, you'll

➤ [**How to Practice the Soundscape Meditation Technique**](#)

This simple technique will teach you how to access expanded states of awareness through careful listening.



➤ [How to Meditate for Beginners: The 3 Ingredients You Need to Succeed](#)

If you want to learn to meditate, there is a seemingly endless variety of practices, paths, and techniques to choose from. But in the end, all you really need to begin practicing meditation are three basic ingredients: Intention, Attention, Relaxation

➤ [5 Reasons to Try Mindful Exercise](#)

Do you struggle with sitting meditation? Maybe mindful exercise is a better option for you. Here are 5 good reasons to give it a try.

➤ [How To Breathe in Meditation: Finding the Approach That's Best for You](#)

Do you struggle with how knowing how to breathe in meditation? Here's a simple approach that will help you clear up any confusion.

➤ [What is the Best Time of Day for You to Meditate?](#)

It's not always clear what time is best for you to meditate. Of course NOW is always the best time, but that aside, let's explore the optimal time of day for your practice.

➤ [How to Be Still in Meditation and Why it Will Change Your World](#)

What is stillness and how do you achieve it in your practice? What is the relationship between inner and outer stillness? You'll find answer here.

➤ [How to Beta Test Your Meditation Practice in 6 Simple Steps](#)

Here is a simple 6-step plan to kick-start your meditation practice.

➤ [10 Steps to Becoming A Better Meditator](#)

How do you know if you are making progress in meditation? What does that even look like? Here are 10 tips that can help you improve your practice.

➤ [Is It Too Late for You to Start Meditating?](#)

Is there a cost to procrastinating? It's never too late to start your meditation practice, but let's get clear. If you haven't started yet, here are some of the benefits you're missing out on.

➤ [One Meditation Mistake You Should Never Make](#)

Is there a "fatal error" in meditation? Learn about this one mistake that many new meditators make and how it can quickly kill your practice.

➤ [Why Is Meditation So Damn Hard \(Part 1\)](#)

Who ever said meditation was easy? Have you ever wondered why you can't quiet your mind? Are you frustrated that it churns out non-sense, stress, and anxiety faster than snowflakes in a blizzard? We explore in-depth 6 reasons why you might find meditation challenging.

➤ [Why Is Meditation So Damn Hard \(Part 2\)](#)

Who ever said meditation was easy? Have you ever wondered why you can't quiet your mind? Are you frustrated that it churns out non-sense, stress, and anxiety faster than snowflakes in a blizzard? We explore in-depth 6 reasons why you might find meditation challenging.

➤ [Why You Are Struggling in Meditation & 10 Tips to Turn It Around](#)

Are you struggling in meditation? If so, you are not alone. Here are 10 reasons why you may be struggling in meditation and what you can do to change it.

➤ [How To Meditate: A 16-Part Free Mini Course](#)

Want to learn how to meditate? How to meditate is a free 16-part course that includes simple and short guided meditations that anyone can follow, beautiful graphics to inspire your practice, and a 30-day meditation challenge to keep you motivated.