

Meditation Guidelines – Adults

Meditation is a gentle practice, and there is no “perfect” way to do it. The aim is simply to make yourself comfortable, settle into the experience, and allow yourself time and space to relax.

Seated Position

The most important thing when doing a guided meditation is to find a comfortable position where your back is supported and reasonably straight. For most people, this is best achieved by sitting in a supportive, backed chair.

Place your hands comfortably on your knees or thighs and allow your shoulders to relax. We often carry tension in our shoulders, so consciously releasing them can help the body begin to settle.



Feet to the Floor

It is helpful to keep your feet firmly connected to the floor throughout the meditation. This keeps you grounded and encourages a feeling of being connected. If your feet don't comfortably reach the floor, you can place a cushion or support underneath them.

A Busy Head

Sometimes it can be difficult to relax because thoughts from the day continue to come into your mind — shopping lists, work, conversations, worries or things you need to remember.

If this happens, don't worry. **It is completely normal.**

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Simply notice the thought, take a breath, and gently allow it to move to one side. Bring your attention back to the music, the words and the meditation.

The aim isn't to stop your thoughts completely. Meditation is also about learning to notice when your mind has wandered and gently bringing your focus back. With practice, this can become easier.

Your Own Journey

You may sometimes find yourself drifting into your own thoughts, images or experiences rather than following the meditation exactly as it is being guided.

That's okay.

You are free to follow where your imagination or awareness takes you, provided that the experience remains peaceful, comfortable, and calming for you.

There is no need to force yourself to follow every word or image. Allow the meditation to unfold naturally.

Coughs, Sneezes and Other Releases

If you need to cough, sneeze, swallow, move or otherwise adjust your body during the meditation, simply allow yourself to do so.

There is no need to try to hold these things back. Your body may naturally begin to release tension as you relax.

Once you've responded to what your body needs, gently return your attention to the meditation.

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Be Gentle with Yourself

Most importantly, there is no right or wrong way to meditate. Give yourself permission to relax, breathe, and simply be present. If your mind wanders, gently return. If you need to move, move.

If you experience your own imagery or thoughts, allow them to pass without judgement. Meditation is a practice, and every experience can be different.

Take your time, be kind to yourself, and allow the meditation to be your own experience.