

Elizabeth A. Grant  
THE QUANTUM COACH



## Meditation Instructions

[www.TheQuantumCoach.net](http://www.TheQuantumCoach.net)

Either sit cross-legged on the floor or a soft, or sit in a chair with your spine very straight.

Make sure you're in quiet surroundings and you won't be disturbed. Don't lean against the back of the chair, or actually, you can, but you will need to put pillows in to support your lower back so your spine is straight. Place your feet about 10 inches apart, flat on the floor. Place your hands on your lap, one hand on each leg. If you prefer, you can sit cross-legged on the floor or a sofa, with your hands face down on your thighs or knees. Now, breathe in really deeply (with your abdomen, not your chest). As you breathe in, count to four.

In – 2 – 3 - 4.

Now hold that breath for two counts. Then, breathe out for 8 counts and hold that breath for four counts. So this is what it should feel like:

In - 2 – 3 – 4 – Hold -2

Out – 2 – 3 – 4 – 5 – 6 – 7- 8

Hold – 2 – 3 – 4

Repeat that several times. Try to breathe steadily. This will take some practice on the out breath, which has to last a full 8 counts! Within about two minutes, you will notice that you're feeling very relaxed. Your heart rate will have slowed way down. All of your anxiety will be gone. At this point, you can stop the counting and let the wisdom of your body take over, whenever it feels natural. Do this until your body tells you it's finished meditating, usually 15-35 minutes.

As you enter this relaxed state, especially the first few times you meditate, your mind will probably be filled with unwanted thoughts ... it is used to a lot of mind chatter. Try not to let this frustrate you. Instead, develop a technique to chase the thoughts away and clear your mind. One technique is to picture a pink bubble surrounding the thought. Then, in your mind's eye, take a pin and pop the bubble. When it pops, the thought will be gone. Another technique is to picture a vacuum cleaner in your mind's eye that comes and sucks up the thoughts, and then leaves until it's needed again. A broom also works, or a leaf blower. It sounds funny, but these techniques really work!

It's natural for the mind to need to adjust to the quiet you seek. If you feel frustrated or can't calm your mind down the first few times you meditate, don't worry. Just keep at it. Soon, it will feel so natural, you won't want to go a day without it.