



The *Meditation* Essentials Guide

A Simple Practice to Begin the Journey
Home to Yourself





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Introduction



The purpose of meditation is to make our mind calm and peaceful. If our mind is peaceful, we will be free from worries and mental discomfort, and so we will experience true happiness. But if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions.

K E L S A N G G Y A T S O

Welcome. If you've found your way here, something inside you is likely searching for more—not just less stress, but more peace, clarity, meaning, or a deeper connection with yourself.

Life has a way of pulling us away from who we are. We become busy caring for others, meeting expectations, managing responsibilities, or simply trying to get through each day.

Over time, many of us begin to feel disconnected from ourselves without quite knowing why.

Meditation is one of the simplest and most powerful ways to begin the journey home to yourself.

In this guide, I'll walk you through how to begin (or deepen) a simple meditation practice—one that helps calm your nervous system, quiet your busy mind, and create the space to reconnect with yourself.

I know what it's like to long for greater peace and clarity. Meditation changed everything for me—not because it fixed my life overnight, but because it changed the relationship I had with myself.

When I was a young woman juggling my nursing career, being a wife, raising children, and trying to be everything to everyone, I wish I'd had tools like these.

At the time, I had no idea there was a whole inner world waiting to be explored. I was so focused on caring for others and getting through each day that I never stopped to consider there might be another way to live.

Meditation helped me discover that way.

As I began to meditate, I realized I didn't have to be at the mercy of stress or constantly react to everything happening around me. I was becoming calmer, more resilient, and more aware of myself. Instead of simply getting through life, I began living it with greater intention and a deeper sense of peace.

That awareness changed everything.

Rather than looking outside myself for answers, I began discovering that many of the things I had been searching for—clarity, peace, direction, and a sense of meaning—began to emerge from within.

Meditation changed my life, and that's why I'm so passionate about sharing it with others. More than anything, it became a bridge between the life I was living and the person I was becoming.

Meditation doesn't change who you are.

It helps you remember who you've been all along.

With so much information about meditation available today, it can be difficult to know where to begin. That's exactly why I created this guide—to give you a simple, practical place to start.



Let's begin with 5 minutes

The first step is to practice the 5-minute meditation that's included in this guide. You may be saying that "I can't do that," but I've made it easy for you by including a guided meditation to help you.

It's hard to believe that it will make a difference, so you need to trust me on this.

Spending 5 minutes with yourself every day will begin to transform your life. Over time, you'll likely notice greater calm, more awareness, and a growing sense of connection with yourself.

Meditation will help you become more aware of what's important to you and what matters in your life. You will get to know yourself and what you need to do to be happy.

You may wonder why it's so important for you to become more aware. If you want to change something in your life that's not working for you, you need to become aware.

Our thoughts, emotions, and habits influence far more of our lives than we often realize. Meditation helps us become aware of those patterns so we can begin responding with greater intention rather than simply reacting automatically.

 *Learning to settle your busy mind, and becoming aware of who you are is empowering beyond belief.*

You don't need to start with a big time commitment or anything complicated; you start with 5 minutes a day.

If I could begin with just five minutes, I believe you can too.

Like many people, I believed meditation wasn't for me. I thought I couldn't do it because I couldn't stop my mind from thinking.

I also wasn't convinced it would make much difference. My life was already full, and I couldn't imagine adding one more thing to my day—especially something that looked like sitting still and "doing nothing."

The turning point came when I made a simple agreement with myself.

I would meditate for just **five minutes a day for 21 days**, and then decide if it was worth continuing. I had no expectations. I simply approached it as an experiment.

Before long, I began to notice subtle but meaningful changes. I felt calmer. My mind wasn't as scattered. I worried less, slept better, and perhaps most importantly, I was beginning to know myself in a way I never had before.

Those five minutes became much more than a meditation practice; they became the beginning of a different relationship with myself.

That's why I'm so excited to share this practice with you.

Let's begin by answering 3 common questions people have about meditation:



What is meditation and how will it help me?



How do I do it?



How do I know it's working?



What is Meditation and How Will it Help Me?

If you've ever searched for meditation, you've probably discovered there are countless techniques, teachers, and opinions about the "right" way to do it. It's easy to wonder where to begin.

At its heart, meditation is simply the practice of gently bringing your attention into the present moment. Rather than getting caught up in the constant activity of the mind, we learn to observe our thoughts without being carried away by them

There are many meditation traditions and techniques. Some focus on the breath, others on compassion, prayer, movement, visualization, or a mantra. While the methods differ, they all invite us to turn inward and cultivate greater awareness.

Here are a few approaches you may come across:

Common Meditation Approaches

BUDDHIST

Zen ("seated meditation")

Vipassana ("insight")

Mindfulness

- formal
- everyday

Loving Kindness ("metta")

CHINESE

Taoist

Qigong

HINDU

Mantra

Transcendental

Yoga

- chakra
- gazing
- kundalini
- sound
- tantra

Self-inquiry

CHRISTIAN

Contemplative Prayer

Contemplative Reading

"Sitting with God"

GUIDED

Traditional

Imagery

Relaxation & Body Scan

Affirmations

Binaural Beats



Meditation techniques have been practiced for thousands of years. Meditation was originally practiced so one could deepen their understanding of the sacred and mystical forces of life. Though meditation may be spiritual for some, the practice is not necessarily religious in nature. Meditation is now becoming mainstream, probably due to the high amount of stress and disconnection that people are feeling.

Meditation is recommended by almost every health professional because it provides a proven way to give your mind and body a rest and to reduce stress. Your mind is a powerful tool that has a huge impact on the health of your body as well as the quality of your life.

Millions of people are now meditating, and research has demonstrated the physical, social, emotional, psychological and spiritual benefits of meditation. Whether you're looking for peace of mind, improved sleep, or a deeper relationship with yourself, meditation offers a grounded starting place.

Research has demonstrated the benefits of meditation in many areas:

- Decreased blood pressure and hypertension
- Lowered cholesterol levels
- Reduced levels of stress hormone such as cortisol and adrenaline
- Increased production of the anti-aging hormone DHEA
- Improved immune function
- Decreased anxiety, depression and insomnia
- Enhanced concentration, memory and the ability to learn
- Improved creativity and problem solving skills



Perhaps the greatest gift of meditation is the sense of inner calm, clarity and confidence it brings into your daily life when you know who you are and take action to live an authentic life.

Meditation can be easy if you are taught correctly. It is not about stopping thought: that would be impossible. Meditation is going beyond or transcending thought to find the quiet that is already there.

Whichever type of meditation you choose, done correctly, it allows your body to reach a naturally occurring rest state. According to research, this rest is different from sleep. It is much deeper, and at the same time, you are more alert.

I was personally drawn to a method that included a number of techniques that are based on ancient practices and current research but are not aligned with any particular spiritual or religious beliefs. I wanted to practice a method of meditation that was simple, effective, and universal.

Meditation is for you if...

You feel that stress is impacting your life, you'd like to feel more peaceful and/or you're confused about who you are and what you want in life.

You may notice that you feel anxious at times and that you have a mind that just won't stop.

You may find that it is difficult for you to sit quietly with yourself, and you prefer to keep yourself really busy. You may also find that you have difficulty falling or staying asleep.

Are you aware that meditation can help you with all of these struggles that you have? And don't worry, you don't have to sit cross-legged like a pretzel or change your diet or spend tons of time. You just need 5 minutes and your brain. That's it!

As your practice deepens, you'll likely notice yourself becoming calmer, more resilient, and more aware of what truly matters to you.

Many people discover they begin making decisions that feel more authentic because they are learning to listen more deeply to themselves.

There's no doubt that meditation would be a great addition to your life.

Assuming you're on board to give it a try, all you need to do is commit 5 minutes a day. I'm sure that even if you're busy, you can afford 5 minutes. Trust me, you won't regret it.

Take it on as an experiment and see what happens!

Before I give you key pointers about how to meditate, I want to tell you about Marlene. Marlene was a successful young woman who returned to her corporate job when her daughter was six months old. Before long, Marlene found herself getting sinus infection after sinus infection and couldn't figure out why she was always getting sick.

Marlene also noticed that she was becoming weepier and was finding it difficult to feel good at work. She was very confused because she had always been that competent, together and successful woman.

These feelings didn't subside, so Marlene decided she had no choice but to take some time off to "figure it out." That's when I met Marlene. She needed a way to look inside herself to find some answers. She also needed to become physically stronger so that she wasn't always getting sick.

I think you know where I'm going with this. Marlene started to meditate, and everything changed. As she got out of the "fight or flight" stress mode, her body began to heal. She wasn't getting sick anymore. As her mind and body began to settle, she was able to see some things more clearly and decided that she needed to make some changes in her career path.

Her corporate job wasn't aligned with her deepest truths, and this was literally making her sick. As she began to bring her life back into alignment with who she was and not whom she thought she should be, she began to thrive again.

I have countless stories like this one. Bringing our lives back into alignment with our hearts and souls needs to come from inside of us. And there is no better tool than meditation to do just that.

How Do I Meditate?

1

Pick a time of day that will work for you, it may be first thing in the morning, 5 minutes at work over your lunch hour or 5 minutes when you get home from work.

2

Find a quiet place where you won't be disturbed and listen to the **5 Minute Guided Meditation**.

3

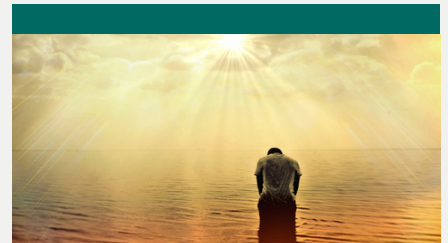
Sit comfortably with your back upright. Most people prefer to meditate in a chair rather than cross-legged. What's most important is that you're comfortable and you won't be in a position that will cause you to fall asleep (although it's okay if you do fall asleep).

4

Set a timer or look at your watch to determine 5 minutes. My favorite timer is the Insight Timer, which is a free app that times your practice and lets you know how many people around the world are meditating with you. It also tracks the number of days you've meditated in a row. This is a great motivation, especially when you're trying to create a new habit. In addition, it has thousands of guided meditations that you can access for free.



Begin with this simple 5-minute guided practice. You'll also find an optional 10-minute version when you open the page.



Get my favorite meditation app (Insight Timer) for thousands of FREE guided meditations.



5

Close your eyes and bring your attention to your breath. Breathe in and out and notice where you experience your breath. For most people it's in one of three areas: You may notice the air moving in and out of your nose, or your chest rising and falling or your belly moving in and out.

6

Continue to focus on your breath and when your mind wanders to a thought, sensation or sound in your environment, gently bring your focus back to your breath.

7

It doesn't matter how many times you need to bring your mind back, just keep bringing it back to your breath.

8

Continue for 5 minutes or until your timer goes off. Gently open your eyes and start going about your day.

Congratulations! You now have a meditation practice.

Once five minutes begins to feel comfortable, you may naturally find yourself wanting to spend a little longer in practice.

There isn't one "right" amount of time to meditate. What matters most is consistency. A few minutes each day is far more valuable than occasional longer sessions.

Over the years, my own practice has naturally grown, and I now enjoy meditating for longer periods.

Whenever you miss a day, simply begin again with kindness. Remember, we're going for progress, not perfection.



Is It *Working*?



Now that you're meditating, you will likely begin to notice some changes in you. Notice how you feel when you finish your 5 minutes. Over time, you will likely experience even more things, and it's important to notice them.

Progress isn't always measured by how still you can sit—but by how connected you feel to yourself throughout the day. Over time, meditation helps you meet your life with more clarity, compassion, and choice.

I want to share with you what happened to one of my clients, Susan, when she began meditating on a daily basis. Susan was a young stay-at-home mom. Although she loved being at home and was grateful she was able to do that, she felt like she had lost her freedom. She also felt like she had lost herself in her role of being a mom and wife and didn't know who she was anymore. Because this inner stress felt so uncomfortable for her, she would try to numb it by stress eating. Unfortunately, this just made her feel worse.

She was game to try meditating, not because she liked the idea of meditating, but because she wanted other ways to cope with her inner stress that resulted in stress eating. Within a very short amount of time, Susan was able to break the habit. Susan's transformation wasn't just about reducing stress—it was about awakening to what her soul was truly hungry for: freedom, clarity, and a more authentic way of living.

The Other Thing You *Need to Know...*

There are five essentials of meditation that will help you be successful with any meditation practice. When you're not aware of these five things, you may assume that you're doing it wrong or set yourself up with unrealistic expectations. The following five things are key:

1

Thoughts are okay during meditation. The goal isn't to "stop your mind from thinking." It's about redirecting your mind back to the breath or whatever your focus is. It doesn't matter how many times you need to do that.

2

Stick with it. Even if you don't feel the benefits right away, it is working. Thousands of research studies have proven that. It's also important to stick with the time that you committed to. That's why we start with five minutes and build up from there. You can do it!

3

Be kind to yourself. As we sit in meditation we get up close and personal with our mind and our thoughts. As we're working with our mind it's like we're training a puppy. With kindness and consistency.

4

Don't try too hard. The point of meditation isn't to try so hard that you get a headache. It's a gentle and soft focus on the breath.

5

Let go of expectations. This is a huge one. We have all sorts of ideas about what should happen when we're meditating and when it doesn't happen we get disillusioned and either think we can't do it or it doesn't work. It's vital to let that go. The point is to do the practice and then get on with your day.

(Adapted from Sarah McLean's teacher training resources - The McLean Meditation Institute).

Remember: We're going for progress, not perfection!!!

I know that it's hard to believe that five minutes a day can begin to create this ripple effect of healing and growth, but it can, and it does. Transformation begins the moment we create space to turn toward ourselves with awareness and compassion.

Loving ourselves enough to create space for ourselves is what we are being called to do. As Thich Nhat Hanh so beautifully pointed out:



Go back and take care of yourself. Your body needs you, your feelings need you, your perceptions need you. Your suffering needs you to acknowledge it. Go home and be there for all these things.



Everything changes when your relationship with yourself changes – your health, your relationships and your sense of purpose.



HELLO!

I'm Bev Janisch

I'm on a mission to help people reconnect with themselves through meditation and the science and soul of personal transformation.

Since 2014, I have been teaching, coaching, and writing about meditation, mindfulness, and transformation, serving clients both locally in Calgary, Alberta, and worldwide.

With a background as a master's prepared nurse, I am also a certified meditation and mindfulness teacher, mindfulness life coach, Enneagram practitioner and HeartMath mentor.

I look forward to *connecting* with you!

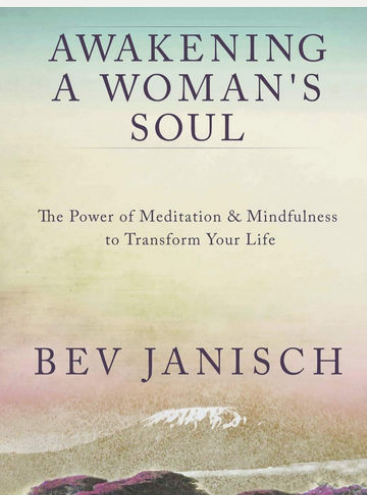
Links & Resources



[5 MINUTE MEDITATION](#)

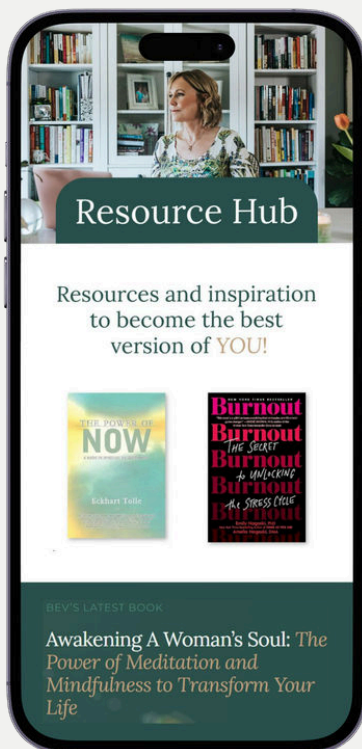
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