



**MEDITATION INSTRUCTIONS**

**A. SITTING meditation:**

**a. Introduction:**

- i. Find a quiet spot in the house, where you can sit comfortably
- ii. No distractions like pets, phones, iPads, TV, computers; Sit quietly for few seconds or minutes, breathing normally, with your eyes closed
- iii. Take one, slow deep belly breath through your nose – hold for 4 seconds – breath out through your nose slowly. Repeat 3 times

**b. BREATHING meditation:**

- i. After introduction, continue to focus your attention on the breath flowing in and out, effortlessly
- ii. You can repeat “breathing in/breathing out”
- iii. If you start noticing thoughts or have any feelings in your body or hear sounds in the environment, gently release them and focus again on your breath
- iv. Start with 10 minutes/day, twice a day, increase slowly to 20-30 minutes, twice a day

c. **MANTRA “SO HUM” meditation:**

- i. After introduction, focus on repeat quietly, in your mind, the mantra/words “**SO HUM**”
- ii. Repeat the words slowly, gently, effortlessly
- iii. If you start noticing thoughts or have any feelings in your body or hear sounds in the environment, gently release them and focus again on the mantra “**SO HUM**”
- iv. Start with 10 minutes/day, twice a day, increase slowly to 20-30 minutes, twice a day

**B. WALKING meditation:**

- i. Focus on your heart center, in the middle of the chest
- ii. Start breathing in and out slowly
- iii. Recall a positive emotion or think of something or someone you love
- iv. Start walking while focusing on your heart center, breathing and out slowly, while repeating phrases like *"I am peace"*, *"I am happy"*, *"I am relaxed"*, *"I am joy"*.

**C. "EMERGENCY" meditation: use whenever you feel nervous or stressed**

- i. use the "STOP" technique**
- ii. S – Stop** whatever you're doing
- iii. T – Take** a deep breath
- iv. O – Observe** your body and notice where you feel tension;  
continue breathing while you are focusing on relaxing that  
tension
- v. P – Proceed** with kindness

**D. MINDFULNESS meditation: use in a stressful, tense situation**

- i. Take a deep breath in and slowly breath out
- ii. Notice and name silently 3 things that you hear in your environment
- iii. Notice and name silently 3 things that you can see
- iv. Notice and name silently 3 things that you can touch
- v. Notice and name silently 3 things that you can taste or smell
- vi. Restart your regular activity; repeat as needed, several times throughout the day



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214-736-1954 to call to schedule a meditation class