

A M A N D A
G I L B E R T
M E D I T A T I O N

Meditation for Daily Living

A Resource Guide for Mindfulness & Meditation

Cultivating & Starting Out

When starting to meditate we can find ourselves in uncertainty about how to start or what to do as a newly ignited meditator. Here are some sure-fire tools and suggestions to cultivate and start your home meditation practice...





Commit

Set an intention. This is your time!

First, commit and commit fully. There is a reason why you are being called to start a meditation practice and often we already know why that might be. Now is the time to honor this reason and truly allow yourself to begin.

Find a Time that Works

While you can meditate during any time of your day, right away in the morning is often the best time to meditate. This means before you step out of your door to take on your day, do your morning exercise, or even cook breakfast. For one thing, meditating on an emptier stomach is suggested so all of your energy centers can be clear and there is no stagnation or heaviness in your body. Also, whatever you do in the morning actually gets done! These morning “doings” also become habits and when it comes to practice, they become rituals.

These morning “doings” also become habits and when it comes to practice, they become rituals.

Having a small glass of lemon water, a few sips of tea, or a light piece of fruit, in the morning is acceptable if this gets you directly onto the meditation pillow. And if mornings are absolutely unable to work for you (kids, pet’s, pre-existing commitments?), then find the next best time to meditate, when you know you will have time to.

Same Space to Meditate

Part of forming a daily meditation practice is about creating ritual, habit, and a sense of second nature or “non-thinking”. When you choose the same place to meditate each day you start to form the muscle memory of taking the same steps to show up for yourself and your practice. Many meditators create “special” space by building an alter where they meditate. Do what feels right to you - if sitting on the couch, in a chair or on a meditation pillow

without an alter feels better to you then that is what works.

Others use their meditation space to also serve as a reflection of what it is they are currently working on within themselves or in their lives. This is where an alter can serve a dual purpose - place objects, books, or any item within your meditation space that inspires you and cultivates a sense of beauty, calm, and joy.

Set a Timer

A meditation timer is a very helpful guide when meditating. It serves as the timekeeper and the “commitment keeper” for your practice. Without a timer, it can be more challenging to go from say a 12 minute meditation to one lasting 20 minutes and especially when expanding past 20 minutes to

30 minute meditations and beyond. While it is not about the exact numbers and minutes, a fulfilling meditation practice is about creating and growing this daily meditation ritual into a 15-30 practice so you can experience all of the benefits that meditation has to offer.

Meditate for 5-12 Minutes to Start

Current research states that 25 minutes is the “sweet spot” for a meditation practice where all of the biological, psychological, mental, emotional and energetic benefits of meditation start to take place.

Different meditation schools have their meditators sit for 20 minutes twice a day, 30 minutes twice a day, sit once in the morning or practice twice per day, in the morning and during the early evening.

When starting to meditate for the first few times, it is beneficial to

*literally set a timer starting for a period of time that is do-able, achievable and comfortable for you. **A good starting place is 5, 10, or 12 minutes if you have never meditated.** From there, move to 15, 20, 25 and 30 minutes over the course of 7-14 days.*

When you give yourself the gift of 30 minutes to meditate in the morning this is when you are also gifting yourself lower stress, a lower heart rate, better digestion, and an opportunity to connect with yourself.

AMANDA
GILBERT
MEDITATION

Practicing & How



Breath Meditation

When beginning a meditation practice we bring our mental attention to the present moment by choosing an “object of focus” to place our attention on. The breath is often a very supportive object of focus, and can serve as a neutral point of attention during your meditation practice.



Working with Thoughts & Distractions

Inevitably when meditating, a thought or a distraction will arise and take your attention away from your breath. This is the magical moment in meditation because this when you get to notice that your attention has wandered from your breath (your object of

focus in the present moment), and decide to bring it back to the breath again. This is the basic art and practice of meditation! Noticing when your mind wanders (which it will), and in that moment deciding to begin with your breath again.

Discipline

There's a reason why we call meditation a "practice"... it absolutely and literally takes practice on many different levels. To start a meditation practice is to actively say yes to forming a relationship with your daily routine and practice, and ultimately with yourself.



Daily Practice

Habits and routine are essential. Meditating daily for 15-30 minutes once in the morning, or twice a day (morning and afternoon), lays the groundwork for having a practice. This is where the real work lies- in showing up for you and for your meditation

practice to give yourself the opportunity to be in meditation and over time experience the many life-changing benefits. Daily practice is the path to meditating and cultivating mindfulness in your life, this we know.



Stay With It

If there is one important crossroad to be aware of it is the moment when you think, “I’m unsure if I have time to meditate today”, or “I’ll do it later”, or “I can skip today.” At this time, the practice actually begins and creates a situation that requires you to bring

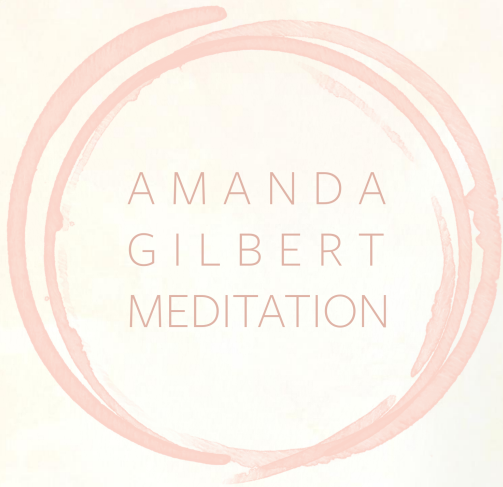
your mindful attention to it each time you get here. This is where having the commitment to meditate comes in. We are forming a behavior, habit, and routine that supports both you and your practice in making it happen.

You're Ready

Daily Practice Checklist

- ☐ Commit
- ☐ Find a time that works
- ☐ Create a space to meditate
- ☐ Set a time ([we love this app!](#))
- ☐ Start with 5-12 minutes
- ☐ Choose an “object of focus”
- ☐ Stay present for *magical moments*
- ☐ Make it part of your routine
- ☐ Stick with it no matter what!

Welcome to the first day of the rest of your life!
*May your days be filled with meditation, happiness
and wellbeing.*



Thank you.

Enjoy your daily practice!

amandagilbertmeditation.com