



The 2 Minute Meditation

Establishing a consistent meditation practice can seem daunting, so let's start with a **2-minute-meditation** technique. This is a great device for quick relaxation or for getting centred and calm.

Leo Babuta of Zen Habits also recommends a similar two minute meditation practice as a great way to develop longer lasting habit. We can increase our attention later, for now just remember that this is not a test to see how strong we are or how much stamina we have to sit and meditate!

The best approach to this technique is to simply consider it a breathing exercise. Breathing is a natural object of meditation and an easy introduction to the practice.

1. Sit or lie in a comfortable position, close your eyes, rest your hands palm up on your lap or at your side. Place the tip of your tongue just behind your upper teeth for this exercise.
2. Exhale fully feeling a small squeeze in your belly. Allow your breath to make a sound as you breath out, a gentle 'sshhh' works well.
3. Close your mouth and inhale through the nostrils for a count of four.

4. Hold that breath for a count of seven. This is a point of great energy building and a powerful way to feel charged and alert.

5. Exhale completely allowing your breath to 'ssshhhh' through your mouth for a longer count of eight.

6. Inhale and repeat for three more cycles (four cycles in total).

You can comfortably complete this practice in 2 minutes. At this stage don't worry about trying to clear your mind or stop your thoughts.

Instead simply focus on your breath and the 4-7-8 counts.

Did you find this guide useful?

I hope you will continue to benefit personally and professionally from your regular meditation practice - please get in touch and tell me your experiences!

Remember to check out the full version in my book **Meditation Power** by clicking [here](#).

All the best and let me know how you get on.

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