

There are many different types of meditation. Meditation is a very simple practice that helps us to turn inside and connect with ourselves. It also helps us to release stress, fear, and anxiety. It supports us to know how incredibly wise, strong, creative, intelligent, loving, and powerful we human beings really are. It changes many peoples lives all over the world.

Sometimes it feels really good to take a break and to turn your attention away from everything in the outside world (people, noise, having to do stuff), and to close your eyes and just be with yourself for a while. You can turn inside every day, even for a few minutes. The more you connect with this space inside of you, the better you feel.

When you meditate often you feel more relaxed, calm, chilled out, and connected with yourself. It helps your mind to slow down. It helps you feel better if you're feeling sad, anxious, scared, or lonely. These are feelings that every person in the world feels. Remember, it's normal and natural to feel every emotion. It's all okay! All part of life.

Remember that emotions are like **Energy in Motion** inside of us. They are meant to *move* through us and be expressed healthily. The more we meditate, the better we get at caring for ourselves and our emotions in healthy ways. We feel better inside and treat everyone around us better too because we feel more at ease inside of ourselves. Plus, we get better at doing things we love, like playing sport, music, writing, art, or just being you in your own unique way! Remember the most famous sports stars, business leaders and musicians on earth practice meditation to help them be better at what they do too. It's a game-changer!

Places you can meditate: (Clue – anywhere it is safe for you to close your eyes!)

1. Sitting in a chair
2. In the back of the car
3. Lying in bed
4. Lying on the floor wrapped in a blanket
5. Sitting up at the top of your bed with a pillow behind your back
6. On a plane, train, or bus
7. Sitting under a tree, or at the beach, or somewhere you love outside in nature
8. Wherever you feel most relaxed

IMPORTANT – If you ever feel upset, scared, or anxious, this is just your body communicating with you. Your body is very intelligent and is always letting you know how you feel. Just allow yourself to be with your feelings. It's all okay. You can sit down, or lie down, and **BREATHE INTO WHERE YOU FEEL THE EMOTION OR FEELING IN YOUR BODY**. Sometimes you might feel a little sick in your tummy, or a pain in your chest, or a headache, or you might feel tense in your legs or arms. When this happens, close your eyes, and breathe into where you feel the sensation in your body. If you do this for a few minutes, it will ease. You have the power to help change how you feel inside. Finally, always ask for help when you need it. Everyone needs help sometimes, adults too!

5 MEDITATION PRACTICES TO HAVE FUN WITH

Here are 5 different meditation practices you can try by yourself. These are meditations I have done with international sports stars and musicians on world tour. You are no different! Have fun with them. It's best to meditate with your eyes closed somewhere you feel relaxed. You've got this!

1. **5 BREATH:** Place one hand on your heart and one hand on your belly. Connect with your body. Give your heart a little circular rub and then your belly a rub. Close your eyes, take as big of a deep breath as you can take in through your nose, and count to 5 inside your mind, and then release your breath through your mouth. Do this 10 or 20 times.
2. **5 / 8 BREATH:** Hand on heart and belly. Close your eyes, breathe in through your nose and count to 5 (inside your mind), and then breath out through your mouth to a count of 8 (inside your mind). Your exhale is longer than your inhale. Do this for 1 to 2 minutes.
3. **HEART MEDITATION:** Close your eyes sitting or lying down somewhere comfortable.
 - a. Take a few deep breaths to settle down - from either of the above options.
 - b. Then slowly start to breath into your heart, feeling all the energy of your breath go into the very centre of your heart. Let each breath you take bring you deeper and deeper and deeper into your heart.
 - c. All you have to do is keep your eyes closed and keep breathing into your heart. Your mind will wander, and you will think other thoughts and that is totally normal, all part of the practice. Every time you remember, then just bring your attention back to breathing into your heart.
 - d. Do this for 3 to 5 minutes.
4. **HEART LIGHT MEDITATION:** Close your eyes sitting or lying down somewhere comfortable.
 - a. Take a few deep breaths to settle down – from option 1 and 2 above.
 - b. Then slowly start to breath into your heart, feeling all the energy of your breath go into your heart. Let each breath you take bring you deeper and deeper and deeper into your heart, similar to the above meditation.
 - c. Keeping your eyes closed imagine you see a shining light in the centre of your heart. Breath into this light. Notice what colour it is today. With each breath in see the light get bigger, brighter, and stronger. See it start to fill up your whole chest, then start to pour all around your body. See the light pour outside your body, surrounding you. The light from your heart has filled up your body and completely surrounded you.
 - d. You can then send a beam of light from your heart to anyone that you like, it could be a friend, an animal, someone you really love. Then you can send it to all your family, your school, your community, and all around the earth. See the whole earth surrounded in the light pouring from your heart. Then just bring your breath back into your own heart and take a few deep breaths.
 - e. You could do this meditation for 5 minutes, or as long as you like!
5. **GRATITUDE MEDITATION** (Many sports stars use this one to help them get 'in the zone')
 - a. Place a hand on your heart and connect with your heart for 1 minute.
 - b. Do the 5 / 8 Breath – see above. Do this for 2 minutes, keeping hand on heart.
 - c. Then think of something or someone you feel grateful for, something that makes you feel happy. Feel that feeling in your heart for as long as you can or 3 - 5 minutes.