THE INTERNAL ATLAS

A SIMPLE GUIDE TO *Meditation*

EXPLORING THE MANY PATHS TO HEALING

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BEFORE YOU BEGIN

If you've ever thought, "I'm not good at meditating," this guide is for you.

Meditation can sound simple—sit down, be quiet, clear your mind. But if you've ever actually tried it, you probably know your mind doesn't suddenly stop thinking just because you decided to meditate.

And it doesn't have to.

Meditation isn't about having a perfectly quiet mind or meditating the "right" way. It's simply a practice of slowing down, bringing your attention to the present moment, and noticing when your mind wanders.

And when it does, you gently bring your attention back.

You don't need a special space, a lot of time, or any experience to begin. Over the next few pages, we'll walk through a simple meditation practice you can try for just a few minutes.

Start where you are. See how it feels.



GETTING STARTED

You don't need the perfect setup.

Choose a comfortable place to sit—or lie down—where you can stay for a few minutes.

01 — CHOOSE YOUR TIME

If you're new to meditation, start with just two or three minutes. You can always stay longer if you want to.

02 — GET COMFORTABLE

Let your hands rest naturally. Relax your shoulders and unclench your jaw. There's no perfect posture you need to hold.

03 — CHOOSE SOMETHING TO RETURN TO

Your breath is an easy place to start. Simply notice the feeling of breathing in and breathing out.

Your mind will wander. That's part of it.

When you notice it happening, gently bring your attention back to your breath.

That moment of coming back is part of the practice.



TRY IT: A 5-MINUTE MEDITATION

Set a timer for five minutes, get comfortable, and begin.

01 — SETTLE IN

Close your eyes or soften your gaze. Relax your shoulders and take a moment to settle in.

02 — NOTICE YOUR BREATH

Bring your attention to your breathing. Notice where you feel it most.

No need to change anything. Just notice.

03 — COME BACK

When your mind wanders, notice it and gently return your attention to your breath.

No judgment. Just come back.

04 — FINISH SLOWLY

When your timer ends, take one more breath and notice how you feel.

That's it. You meditated.



MAKING IT A PRACTICE

You don't have to meditate every day for it to count.

Meditation doesn't have to become another thing on your to-do list. Start small and see where it fits naturally into your life.

01 — KEEP IT SIMPLE

Even a few minustes is enough. You don't need a 20-minute practice to benefit from taking a little time to slow down and pay attention.

02 — FIND YOUR MOMENT

Try attaching meditation to something you already do—after your morning coffee, during your lunch break, or before bed.

03 — EXPECT DIFFERENT DAYS

Some days your mind may feel quiet. Other days it may feel like it won't stop.

Neither means you're doing it right or wrong.

04 — NOTICE WHAT HELPS

Pay attention to how you feel before and after you meditate. Over time, you may start to notice when the practice feels most helpful for you.

There's no perfect way to begin. Just begin.

A NOTE FROM ERICA

One of the things I'm learning is that sometimes the hardest part of trying something new is letting go of the idea that we have to be good at it.

Meditation is a good example of that.

It's easy to think you're doing it wrong because your mind wanders, you get distracted, or sitting still feels harder than you expected.

Maybe the point isn't to be good at meditation.

Maybe it's simply to give yourself a few minutes to slow down, pay attention, and notice what's going on.

Try it. Notice how you feel. Keep what helps.

And keep exploring.

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