



Section 4a: Preparations Before Meditation

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From this section 4, we are going to study how to do meditation and what are the good practices. Before we start meditating, we should finish some basic preparations to protect us. There are basically 4 steps:

- Having good but light food.
- Find a still space.
- Do stretching workouts.
- Smudge with White Sage.

Good but Light Food

It's better to have fresh and light foods such as veggies, fruits, and oats for our meals than heavy foods like meat or noodles which could easily make us fall asleep. **Light food and drinks make our consciousness more sharp.** Please do have some food before meditation. As beginners, we do need energy to stay concentrated during meditation practice. Yes, great practitioners can be independent from food for a few days or even months, but we are beginners who still take food as one of the most important sources of energy, even though it's not very efficient.

Find a Relaxing Space in Stillness

no wind, no disturbance during your meditation is very important. Take a rest in this space for at least 30 minutes after your meals before the body stretching activity.

Body Stretching

You can do different workouts as you want. But a suggestion is, do the workouts which will **stretch your body and muscles completely, but still keep you in peace and not too excited.** Yoga is a great option. Sports like Taichi and gymnastics can be good as well.

The following Yoga gestures are providing us a taste about the body stretching. I am sure that you can find great yoga instructions online. I also include one that I use before my meditation.

Smudge with White Sage

A very important step that is usually ignored by many meditation instructors. Since meditation will open the energy chakras in our body, we will become very sensitive to energies in the space around us. As beginners, we need to protect ourselves from disturbing by negative energies. The **white sage smudge can help us. But, most importantly, our mind and mood should stay peaceful and positive. So, please always smile during your meditation.**

Finishing the above steps, we can start our meditation! Are you excited now?