



Vipassanā Meditation - Guided Meditation for Beginners: Meditate Daily

This is a guided Vipassana meditation. It includes a short introduction followed by a meditation with instructions. Vipassana is a technique that has been around for thousands of years. This technique is used by non-religious and religious people alike, by agnostics, atheists and people of every religion and faith.

A huge body of study done in recent years shows the benefits of practicing Vipassana meditation daily. According to studies, doing this meditation daily has huge advantages. It makes us happier, less stressed, more focused and effective, more awake. Below this video, there are links to some of those studies and you can find many more online.

However, this technique cannot be practiced through reading and research or through an intellectual or verbal process. This technique can only be learned and understood through personal experience, through meditating every day for a period of time.

At this point, you might decide you do not want to learn Vipassana and that's completely ok. However, if you do want to seriously try Vipassana, it is suggested to try it for 30 days. In today's world, that is not an easy commitment. We have so many engagements, so many things requiring our attention, but without making a commitment for 30 days, it will be hard to really experience what Vipassana is.

Ideally, meditate for at least 15 minutes a day. If you find that's too difficult, you can start with 10, 5 or even 2 minutes and gradually increase. Meditation can be at any time of the day. However, many find it easier to practice at the same time every day.

The technique is simple, but it is not easy. If you decided to stay and to commit to experiencing it, let us start. The next time you see this video, you can skip the introduction and start here.

Guided Vipassana meditation.

Find a comfortable position sitting or lying down with your head and back aligned. Close your eyes. Now, with your eyes closed bring your attention to the body, to the sensations which appear in the body when you're breathing.

You can choose a specific place in the body and follow the sensations of the breathing there. For example, around your nose or your chest or your stomach. When you're breathing, know your breathing in. Follow the sensations. When you breathe out, know you're breathing out.

Some people find it helpful to follow the breathing sensations with a word. When the air comes in, they say silently "in". And when the air comes out, they say silently "out".



Vipassanā Meditation - Guided Meditation for Beginners: Meditate Daily

When the mind wanders away, we gently bring our attention back to the breathing. This process is not a problem or a mistake in the meditation. It's not something to feel guilty about. Without this process, there is no Vipassana. There's no insight. When our attention drifts from the sensations of breathing we simply bring it back. That's Vipassana.

We allow the breathing to happen naturally as it takes place by itself. There's no need to try to change the breathing. Simply to follow the sensations of the air coming in and out from the body.

In a few seconds, you will hear a bell ring, and this will happen throughout the meditation again. The bell serves as a reminder to bring our awareness to the present moment and to the body.

Every time our mind wanders, we identify which object appeared. What drew our attention? Was it thoughts? Sounds? Emotions? We silently identify the object. If thoughts appeared, we tell ourselves, "thoughts". If sounds, "sound". If emotions appeared, we say, "emotions".

After identifying the object, we do not judge. We do not analyze. We just let go of the object and bring our attention back to the breathing. When I breathe in, I know I'm breathing in. When I breathe out, I know I'm breathing out.

Have a lovely day full of compassion, joy, equanimity and love. And let's meet again tomorrow. You can share how you're feeling in the comments below. And if you're new to meditation, please remember while you'll probably feel changes from your first meditation if you want to get significant impact you need to practice for at least 30 days every day.

If you're an experienced practitioner, remember, having an established daily meditation practice is highly recommended. You are invited to use this video or others in the channel every day to assist you.

Look on the left to find this video easily next time, by subscribing. The channel will then appear under subscriptions in YouTube. Click on the right for a video of a longer meditation.