

What is meditation?

Meditation is... Being in the present moment and focusing on what is present with you right now. Being engaged with an awareness with a lack of judgment.

Meditation is such a life affirming practice because when we connect with our breath we are tuned into the present moment. In essence, there is only the moment we are present with right now. In this course, we will focus on **conscious breathing** and **being present** as our practice.

Connecting with your present moment using your breath engages your senses and you begin to notice a clarity that may not have been present before you started a consistent practice.

You may begin to have inklings, ideas, hints or hits about how to do things without knowing why. I call this our **Personal Guidance System (PGS)**, this system is in all of us and the connection is always there, we just may not be aware of it.

As you grow with your practice, you will start to move toward what you want to do to best connect with your **PGS**. It may be sitting with your breath, walking your dog, being out in nature. For now, just sit and breath and allow this to unfold for you and trust yourself.
