

# Meditation Starter Guide



**What You Need (And What You Don't)  
To Meditate **TODAY****

# Introduction

You're obviously interested in meditation.

And I applaud you for taking the first step towards starting a practice that can dramatically change your life.

This guide is your first step.

When I created it, I wanted to provide you a valuable resource that can literally get you started meditating **today**. Seriously. Go through this resource and you can be meditating in as little as 20 minutes from right now.

You likely already know some of the benefits of meditation—more calm, clarity and peace in your life—and I'll discuss those just a touch more in the following pages.

But this guide is really about how to take action and meditate today.

To do that, it includes 5 sections that cover the basics of what you need to get started, as well as preparing your mindset so that you'll meditate not just today, but for many days, months and years into the future—because that's when you'll really experience how meditation dramatically changes your relationships, sense of peace, and life for the better. The last section of this guide is all about how to meditate: a very simple style of meditation that any dude can do.

Here's a quick overview of the 5 sections:

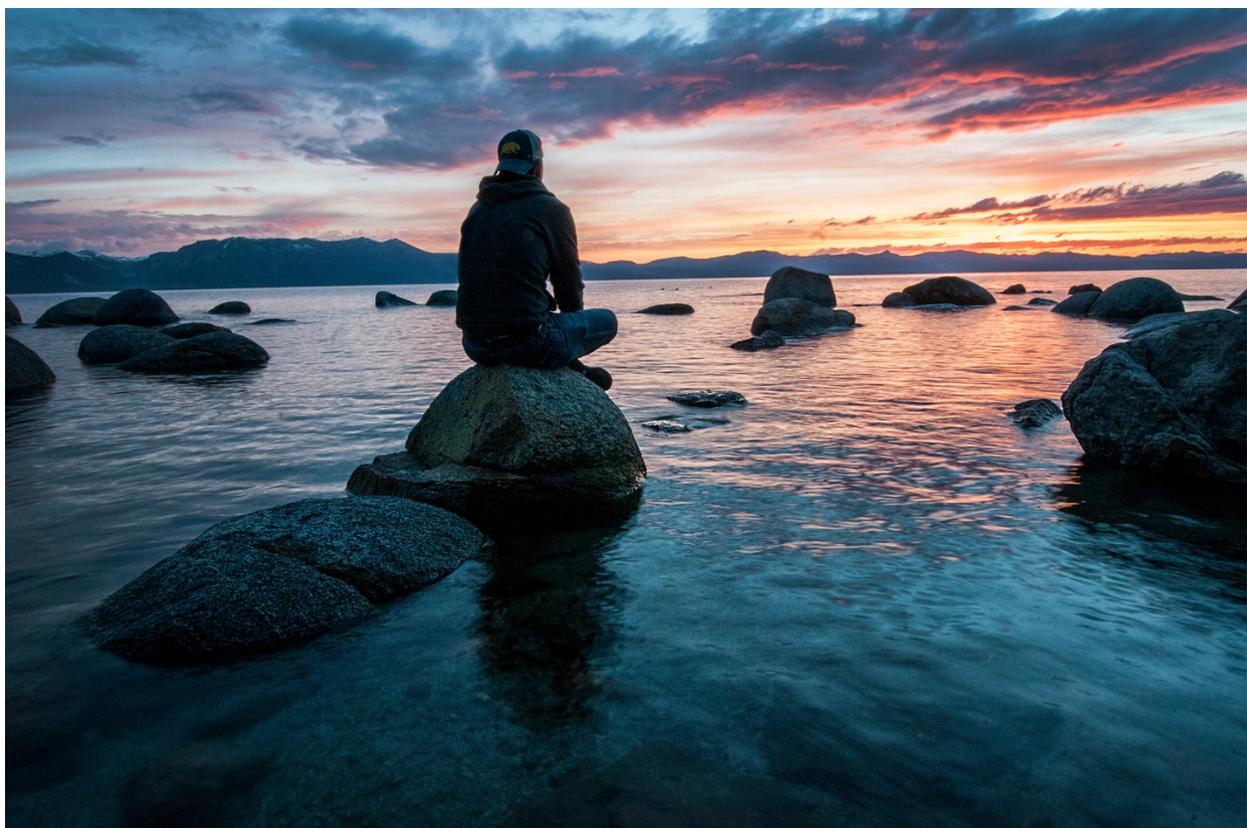
1. **Need:** The things every beginner absolutely needs to meditate.
2. **Don't need:** Things that you don't need immediately, but some will prove helpful later on.
3. **Recommended (but not required):** A few things that will be helpful, but aren't necessary your first time.
4. **Realistic expectations:** Very important section. If you don't have the right expectations, you're likely to quit meditation before you experience any benefits.
5. **Simple instructions:** 3 very simple steps explaining how to meditate.

I recommend going through the guide in order, and then referencing any section again if you need to.

That said, I sincerely hope you find this resource helpful. And I hope that it is truly the beginning of a meditation practice you stick with for years to come. Meditation has dramatically changed my life for the better, and I know it can do the same for you.

If you have any questions, feel free to shoot me a message at [john@ordinarydudemeditation.com](mailto:john@ordinarydudemeditation.com).

Happy meditating,  
John Weiler



# Need

Believe it or not, very little is needed to meditate.

The first item on this list is actually the only necessity for meditators of all experience levels.

Beginners, however, need less distractions to ensure their first time meditating isn't their last. In other words, the process needs to be as easy and simple as possible. Which is why a noisy space and uncomfortable clothing should be avoided.

While society tells us to add more to our lives, meditation is about removing. When you have less distractions, less movement and less stimulus, mental noise is naturally replaced with more calm and peace. The items below set the stage for this transformation.

**A minimum of a few minutes of alone time** - Whether you're experienced or a newbie, every meditator needs at least a minute or two of time to practice. The longer the better. However, since you're a beginner, I recommend meditating for no more than 5 minutes.

**A quiet space** - Find the quietest room in your home, shut the door and make it as silent as possible. Yes, that means no music, no TV or video, no apps. I know, it may sound a bit scary to turn off all the noise, but gaining peace through meditation has a lot to do with being in touch with the quiet that's accessible to us every day. With quiet there is peace. And I'll show you how to find that.

**Comfortable clothing** - With meditation, you want your environment to capture as little of your attention as possible. This includes clothing. Restrictive clothes can make you uncomfortable, which can distract you during meditation. So instead think pajamas. Loose fitting clothes, scrubs, a comfy t-shirt and sweatpants are all perfect for your first go at meditation.

# Don't need

Meditation is not about things.

As mentioned in the last section, you need very little to meditate. For this reason, most of the below items are **nice to haves**, not **have to haves**.

However, while you don't need a teacher, class or app to get started, these resources can be vital to sticking with your practice in the long run—which is necessary if you're to see transformational results (more on this in the Expectations section).

So after your first week meditating, I highly recommend buying a couple books on the subject or joining a class to learn more. A class provides a teacher who can answer your questions, and your fellow students offer a support group. Books will help you learn more about the why of meditation and the extraordinary benefits that await if you keep going.

That said, today is not about the meditation habit. It's about getting started. So here is what you can skip today.

**Meditation cushion** - In my 15+ years of meditation, I don't recall ever using a meditation cushion, at least not regularly. Contrary to popular belief, you don't have to sit when you meditate (I rarely do myself). More on this later in the Simple Instructions Section of this guide.

**Teacher/Class** - As mentioned, these are not **have to haves** on day 1. In fact they can be used as excuses to avoid getting started. So don't worry about finding a teacher or class today. Just get started with the instructions at the end of this guide and then look for a teacher, class or even a book to help supplement your learning about the practice in the weeks to come.

**App** - Another **nice to have**, but certainly not needed immediately, or really ever if you develop a mediation habit with the support of a class or on your own. That said, if you're looking for an app, I highly recommend Headspace.

## Recommended (but not required)

Unlike the items in the last section, the below don't cost you a dime. I imagine 95% of the people reading this have both items in their home, so I recommend using them.

If you don't have them?

Again, lack of these items are not excuses to procrastinate. While they will make meditation easier for you, they aren't requirements.

**Something to look at** - For beginners, I think it's beneficial to meditate with your eyes open. The reason? Well, if you've never meditated, doing so can suddenly bring some dormant, uncomfortable emotions into focus. And closing your eyes can intensify those feelings. So I recommend to look at an object that you have no emotional connection to. Think pencil, turned off light bulb or penny. I typically find a mark or scratch on the ceiling to look at, and start meditating.

**Alarm** - Any kind of timer works, even if it's an old school oven timer. Just find an alarm or something you can set for a few minutes before you meditate—that way you won't have to think about how much time has passed when you're meditating. Personally, I just use the alarm on my iPhone.



# Realistic expectations

Want the benefits of meditation?

More peace. More calm. More happiness in your life?

Then please **don't skip this section.**

Realistic expectations are a must if you're going to improve your life with meditation.

Why?

Because first timers may give up if they don't know what to expect. If you quit, you'll be missing out on better health, better relationships, a better outlook on life and all the other incredible benefits a regular meditation practice offers in time.

So read this section before you meditate and be aware of what will likely happen:

**Your first time will likely be uncomfortable (perhaps even painful)** - I hate to say this because no one wants to be uncomfortable, but the cold, hard truth is that you'll probably be mildly uncomfortable your first time meditating. This is actually why a lot of what I mention in this guide is about making your external environment comfortable, so you can deal with the internal discomfort that you'll likely notice. The thing is, most of us aren't used to sitting quietly alone in our own skin, and because of that, we are ignoring the things that bother us—things that stress us out, painful past experiences and an overactive mind. When you sit alone in quiet, suddenly these things you've been sweeping under the rug come front and center. And it will likely be difficult to sit with them. It's okay. I have been there too, and training yourself to be comfortable with them and eventually seeing them for what they are (fleeting thoughts, feelings, and emotions) is a big reason why meditation is so effective. So be prepared and, remember, you're only going to meditate for a few minutes.

**Instant results are unlikely** - Meditation is not an instant results game. And after your first time, it's possible that you'll feel worse off than before. This is normal. While some of my readers have reported a greater sense of calm after just a week of meditation, you will typically need to meditate a minimum of 5 days a week for a month or two before you start noticing bigger changes in your mood, outlook and stress levels. I recommend starting with a few minutes and working your way up to 15-minute meditation sessions over this period. Also know that you'll gain more benefits from meditation the more months, years and decades you practice. Meditation has

profoundly changed the way that I look at the world, which is the subject of my latest book *An Ordinary Dude's Guide to Enlightenment*, and has brought me a lasting sense of inner peace that is available to me every day. You will hit plateaus in your practice where it appears you're no longer gaining benefits; and my advice is to stick with it. The plateaus are normal and you will achieve breakthroughs if you keep going.

**You will notice lots of thoughts, but they can't hurt you** - Don't try and stop your thoughts. It's not possible, not even for me. When you just start meditating, you may suddenly become aware of just how much you think. This can be overwhelming. But know that thoughts can't hurt you. They are like passing clouds in the sky. To prevent yourself from becoming overwhelmed by your thoughts, I'll have some tips for you in the last section of this guide.



# Simple instructions

Congratulations, you've made it to the end of this guide! Now, it's time to get down to it. Let's start meditating.

The instructions below are not the end all, be all of meditation. There are many different ways to meditate, including breathing meditation, repeating mantras, chanting and more. But below is the simplest style of meditation possible. You can do it today, immediately after you're done reading this guide.

The three basic steps to meditate are as follows:

1. **Get comfortable** - This is where it all begins. While proper posture can help deepen your practice in time, you can gain all of meditation's benefits using one of two simple positions: sitting upright in a chair, or lying flat on the ground (feel free to use a pillow, book or cushion to rest your head on). Don't get hung up on posture. Just lie or sit in a comfortable, yet alert position. Comfortability is important so you aren't distracted by trying to sit in some rigid position.
2. **Be still** - This is the easiest form of meditation (in fact, most meditation practices all require stillness, minus walking meditation). Just sit still for a few minutes and you're meditating. That's it. While it may seem remarkable that simply sitting still can produce life-changing benefits, check out some of the [60+ positive reviews](#) of my meditation book which proclaim how well this practice works. You'll see that readers who use this style cite incredible benefits from gaining more calm within a few weeks to even lowering their blood pressure.
3. **Focus on one of three things** - Remember how I mentioned thoughts can overwhelm you in meditation? Well, here's how to deal with that. The one thing all styles of meditation have in common is to withdraw attention away from your normal thought process. So instead of focusing on thoughts, slightly shift your attention to one of three things: stillness, sounds, feelings. When you get caught up in thoughts, return your focus to the stillness of your body. Or listen to the sounds in the environment around you—like your heater or air conditioner running, the sound of birds or crickets outside, etc. Lastly, you can pay attention to feelings in your body, like a warm sensation in your hand, the feeling in your feet, or just how your body feels as a whole. Shifting attention away from your thought process helps you remain still while the magic of meditation starts to slowly transform your mind and body.