FREE GUIDE

The 9 Components of Meditation

From the Newbie Nirvana program by Dr. Manju Ramachandran

01 **Silent prayer**
Begin in silence. Offer a quiet prayer or simply rest in stillness.

02 **Exercise to energise**
A few gentle movements to wake up the body and get energy flowing.

03 **Intention**
Set one clear intention for your practice and for your day.

04 **Smile**
Soften your face and smile — feel the lightness it brings within.

05 **Breath awareness**
Observe your natural breath without changing it.

06 **Calming or relaxation practices**
Release tension from head to toe, one area at a time.

07 **Meditation**
Rest in focused awareness and stillness for as long as feels right.

08 **Gratitude**
Name what you are thankful for in this moment.

09 **Goals review**
Gently revisit your goals and the next small step towards them.

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