# Effortless Meditation

*A Simple Introduction for New Students*

## What This Is

Effortless meditation is not about controlling your mind or forcing focus. It is a natural process where the body and mind settle on their own. Your role is not to make it happen. Your role is to allow it.

## How to Begin

Sit for 20 to 30 minutes. Once a day is the minimum. Twice a day is ideal. Choose a consistent time and commit to it. Use a mantra as your anchor: Soma So Hum Repeat it gently in your mind. Do not change it. Sit comfortably with your back supported. Eyes closed. Comfort matters more than posture.

## Your Environment

Start in a quiet space. External noise can feel distracting in the beginning. Over time, this becomes less important as your practice stabilises.

## What to Expect

Your mind will think. This is normal. You may experience sensations such as relaxation, tension, emotional release, or changes in breath. There is no such thing as a good or bad meditation. There is only meditation.

## What Changes Over Time

With regular practice, your nervous system begins to regulate. Stress reduces. The body accesses deeper rest. The mind integrates more clearly and consistently.

## Why Training Matters

You can practise on your own and gain benefits. Training provides structure, understanding, and support. You will learn why the technique works, how to stay consistent, and how to move through experiences with clarity. Training runs over four sessions, approximately two hours each.

## Ongoing Support

After training, you receive access to a free membership space for continued learning, as well as a private WhatsApp group for support and connection. This ensures you are not practising in isolation.

## Final Note

Meditation is simple. Consistency is the challenge. Support turns a technique into a sustainable practice. Start where you are. Sit each day. Keep it simple. When you are ready, training will support you to go deeper.