Introduction

Hello! This is an introduction to the guided meditation exercises available to you from my website. Prior to beginning any guided meditation, please take a few moments of preparation. Turn off or remove any electronic devices; wear comfortable or loose-fitting clothing; and find a comfortable chair or sofa where your neck and back are well supported. It’s often a good idea to put a pillow behind your neck, to facilitate full relaxation. While interruptions can’t always be anticipated, you will gain the most benefit from these exercises if you practice them during a time when you are less likely to be interrupted by family members, pets, or someone at the door.

Enjoy the meditations.