**The Basic Elements of Meditation**

Life can get a little crazy. The hectic pace and demands that we often face on a daily basis tend to leave us feeling stressed, tired, overworked, and unhappy. Mindfulness meditation is an easy and effective way to relax your body, calm your mind, and become grounded, finding inner peace amidst the chaos. The basic elements that are involved in the practice of meditation include finding a quiet place to practice, having a poised posture that is comfortable, getting an object to focus on, and being able to develop a passive attitude without any attachments.

## The Place

If you are just starting your meditation practice, it is important to start the process off right by finding a place that is comfortable. You need a space that will allow you to feel completely relaxed and free of distractions. Before you begin your practice, you need to turn things off, like your cell phone or any form of device that would be distracting.

## The Posture

Another basic element that you need to work on is maintaining a good body posture as you meditate. The posture that you take can impact how your practice goes. While the most natural posture you can take is the sitting position, you need to choose a pose that makes you feel comfortable and focused. Try to avoid using postures that can lead to falling asleep, like lying down or reclining.

## The Object

When you begin a practice of meditation, you need to have an object that you can focus on. The object can either be a repeated mantra, focusing on the breathing process, bodily sensations, or any other object like the flame from a candle. Engaging in meditation that will enhance your level of concentration requires that you have an object to focus on.

## The Attitude

The final basic element that you need for successful meditation practice is a positive attitude. When you have a positive attitude, you can look at the external distractions and your internal thoughts in a different way. Having a passive attitude allows you to watch the thoughts as they come and go in your mind, without having any attachments to them.

During the process of meditation, it is important to stay focused. If you notice that your mind has started wandering, bring your attention back to the object of focus. These basic elements of meditation can help you get started on the path to clarity and awareness.