NAOMI SHERMAN

MEDITATION

THE SPACE OF INNER PEACE



This time belongs to you.

Practices of returning to yourself through breathing, sensations, and imagination.

A PRACTICE BOOK

Naomi Sherman

Meditation. The Space of Inner Peace. Practical

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Аннотация

Meditation. The Space of Inner Peace.

When was the last time you were truly with yourself? Not scrolling, not rushing, not reacting — just breathing?

This is not a book about perfect poses or long hours. It's a gentle practice book for real life: short practices through breathing, sensations, and imagination that bring you back to yourself in just a few minutes a day.

You'll learn to pause, to hear your body, to quiet the noise in your head — and to create a small space inside where it's calm, even when the world is not.

No esotericism. No pressure. Just you, your breath, and time that finally belongs to you.

Open this book. Take one breath. And feel what it is to return home — to yourself.

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A Practice Book

About the Book

This book was created as a quiet space where you do not need to hurry anywhere, prove anything, or immediately find answers. The main purpose is to return to yourself for a while, hear your own sensations, and notice what is usually lost among tasks, conversations, and the constant flow of thoughts.

The practices are built around breathing, bodily sensations, images of nature, and free imagination. They can be practiced at home, in nature, while traveling, or in any other safe place where you feel comfortable and will not be disturbed.

Some exercises invite you to mentally return to childhood, earlier periods of your life, the moment of birth, or to imagine yourself in outer space. It is important to experience these episodes as images and imagined scenes, not as proof of exact memories. You do not need to force yourself to remember anything.

How to Use the Book

Choose a time when you do not need to hurry. It is best to put your phone on silent.

Make yourself as comfortable as possible. You may sit or lie down.

The practice can be done with your eyes open or closed. If closing your eyes feels uncomfortable, leave them slightly open.

Do not try to breathe perfectly. Let your breathing remain gentle and natural.

If distracting thoughts appear, you do not need to fight them. Notice them and calmly return your attention to your sensations.

If any image causes strong discomfort, stop the exercise, open your eyes, and bring your attention to your surroundings.

Before You Begin

Pause. Feel the surface beneath your body. Notice the position of your hands, legs, shoulders, and head. You do not need to change yourself in these few minutes. For now, it is enough simply to be.

You can say silently to yourself: “This time belongs to me.”

Now allow yourself to move from ordinary observation into a deeper immersion. You do not need to achieve any particular state. Simply follow the images and sensations, allowing your attention to gradually move away from the everyday flow of thoughts.

Begin with calm, even breathing. Imagine that on the inhale, your attention rises from the lower abdomen upward — to the chest, shoulders, neck, and face. On the exhale, your attention slowly moves in the opposite direction, from top to bottom. You may gently lengthen the exhale and take a short pause of about two seconds afterward, if comfortable.

Practice 1. A Shore That Is Not on the Map

Make yourself comfortable. Take one ordinary breath in and a calm breath out. Do not try to enter a special state immediately. Simply notice how you feel right now.

Конец ознакомительного фрагмента.

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