



KARYN SHANKS MD

Heart, Hope, Healing

My Ten Rules for Starting a Meditation Practice

BY KARYN SHANKS MD | SEPTEMBER 13, 2016



Thinking about starting a meditation practice? Feeling daunted and, perhaps, intimidated by the many choices and strategies available for doing it “right?” No need to worry! Let me ease your mind about what meditation is all about.

#1: There really are no rules.

#2: This is all just about getting quiet, turning down the noise of our lives.

#3: And not judging or being judged.

#4: It's about peace and self-acceptance.

#5: And self-awareness.

#6: Know you are precious.

#7: And you are worthy of your tender attention.

#8: Get quiet: sit or walk, it doesn't matter how.

#9: Dive into the quiet beauty of yourself, even if it is noisy or scary in there.

#10: Just be there. Bless it all. It's all you and it's all beautiful. Show up every day: one breath, two breaths, maybe one hundred breaths...

It's that easy. How do you get quiet?

KARYN SHANKS MD

Karyn Shanks, MD, is a physician who lives and practices in Iowa City. Her work is inspired by the science of Functional Medicine, body-mind principles, and wisdom gleaned from the transformational journeys of thousands of clients over her twenty-five-year career. Her work honors each individual and the power of their stories, their inner wisdom, and innate healing potential. She believes that the bones of healing are in what we do for ourselves. She is the author of *Liftoff*, a manual of energy recovery and healing through essential self-care practices.

[READ MORE ARTICLES](#)

[CONTACT KARYN](#)

[GET INSPIRED](#)