

Practical guide

*How to meditate more easily
and find inner peace*

Simple tools for finding more calm in everyday life

Many people wish to meditate in order to find more calm, inner peace and mental clarity. Yet when they sit in silence for a few minutes, they often discover quite the opposite.

This guide supports you, step by step, towards a deeper and more natural practice.

01. *Why is meditating sometimes so difficult?*

Many people wish to meditate in order to find more calm, inner peace and mental clarity. Yet when they sit in silence for a few minutes, they often discover quite the opposite.

What many people feel when they try to meditate

- Thoughts multiply.
- Worries come back.
- The body becomes restless.
- Emotions rise to the surface.
- The mind seems impossible to stop.

Some people then conclude that they are not capable of meditating. Yet in most cases, the problem is not meditation. When we slow down, we simply become more aware of what was already present inside us.

Meditation does not create the inner noise. It reveals it.

Understanding this is often the first step towards a deeper and more natural meditation. Meditation has been practised for thousands of years around the world. Although there are several different approaches, they often share the same aim: to develop more presence, concentration and inner peace.

Contrary to what many people believe, meditating does not necessarily mean stopping thinking altogether. Meditation is more about developing a new relationship with your thoughts, your emotions and what is happening inside you. The more we learn to observe what arises without reacting automatically, the more it becomes possible to remain calm and present.

02. *Why does our mind find it so hard to settle?*

Our attention is constantly being called upon.

What calls on our attention every day

- Work
- Family
- Responsibilities
- Social media
- The news
- Projects
- Worries
- Memories

Every day, our mind processes an impressive amount of information. Added to this are the automatic reactions that are sometimes triggered without us even being aware of them. Certain situations can continue to influence our thoughts long after they are over.

Examples of situations that stay in the mind

- A remark
- A disappointment
- A fear
- A frustration
- A conflict
- A difficult memory

Even when the event belongs to the past, the attention can keep returning to it. The more something draws our attention, the less attention is available for the present moment. It is often this inner activity that becomes visible when we try to meditate.

Many people believe they lack concentration. In reality, their attention is often constantly drawn elsewhere.

The computer image

Imagine a computer running twenty programs at the same time. Even if the computer is powerful, it becomes slower.

The mind often works in a similar way. The more it is occupied by different concerns, the harder it becomes to keep its attention on one thing. This is why many people feel that their mind never stops — not because they lack willpower, but because a significant part of their attention is already taken.

03. Concentration: the doorway to meditation

Meditation and concentration are closely linked. Before you can calmly observe what is happening inside you, you need to be able to hold your attention for a few moments.

Concentration simply means choosing where you place your attention and bringing it back when it wanders.

Every time you return to your breath, to a bodily sensation or to the present moment, you develop your capacity for concentration. This capacity develops gradually.

Like a child learning to ride a bike

At first, balance seems difficult. Sometimes you have to start over several times. Then, with practice, what took a lot of effort becomes natural.

Meditation works in a similar way.

The more you practise, the more stable your attention becomes. The more stable your attention becomes, the easier it becomes to meditate.

Some people try to meditate for years without understanding why they feel they are going in circles. Often it is not because they meditate badly — it is because a large part of their attention is constantly drawn to concerns or automatic reactions. When some of these reactions settle, meditation often becomes deeper and more natural.

04. *The role of emotions in meditation*

Emotions are part of the human experience. They are not an obstacle to meditation. They are often part of what we discover when we take the time to stop.

Emotions that strongly draw our attention

- Fear
- Anger
- Frustration
- Guilt
- Shame
- Sadness
- Disappointment

When an emotion is present, the mind often seeks to analyse it, understand it or resolve it. This can make concentration more difficult. Some people find that it is not only thoughts that make meditation difficult, but also the emotions that constantly draw their attention.

Examples of emotions that come back

- A worry.
- A frustration.
- A fear.
- An emotional wound.

These reactions can sometimes come back again and again in the mind.

The more an emotion calls on our attention, the harder it becomes to stay focused on the present moment. This is why several meditation approaches give as much importance to observing emotions as to observing thoughts. Many people find that as certain reactions settle, their meditation becomes deeper.

05. Observing thoughts without following them

One of the keys to meditation is learning to observe your thoughts without being carried away by them. Many people believe that meditating means stopping thinking altogether. In reality, thoughts will often keep appearing.

The aim is not to fight against thoughts. The aim is rather to observe them without following them.

The image of clouds in the sky

Imagine watching the clouds pass by in the sky. Some clouds are small, others are bigger. Some are bright, others are darker.

Thoughts often work the same way. They appear, stay for a few moments, then disappear.

When a thought appears during meditation, it is generally not necessary to fight it.

How to welcome a thought during meditation

- Simply observe it.
- Do not try to analyse it.
- Do not try to make it disappear.
- Simply notice that it is there and let it go on its way.
- Then gently return to your breath or to the present moment.

The more you become the witness of your thoughts, the less they tend to take up all the space in your mind.

06. Breathing, heart coherence and 432 Hz music

Breathing is one of the simplest ways to find inner calm. When we are stressed or overwhelmed, our breathing often becomes faster and shallower. The body then enters a state of alert that makes meditation more difficult. Conversely, consciously slowing your breathing gradually helps the body find a calmer rhythm.

Heart coherence

Heart coherence means adopting a regular breathing rhythm: breathing in for about 5 seconds, breathing out for 5 seconds, for 5 minutes. Many people report that after a few minutes they feel calmer, their attention becomes more stable and their meditation becomes easier.

Practising heart coherence with Arushiom

To support you in this practice, the Arushiom Foundation has created two heart coherence videos. Each one guides you step by step, with a gentle breathing rhythm, to help you settle, breathe more consciously and find a state of inner calm.

We invite you to use them regularly, as you need, as a moment of pause and of coming back to centre.

With eyes open — youtube.com/watch?v=T-GMskDu3es

Eyes closed with sound — youtube.com/watch?v=hwjdPOxNEoQ

432 Hz music

For several years, the 432 Hz frequency has attracted particular interest in meditation and well-being circles. Many practitioners consider it especially harmonious. Some people report that it supports a feeling of calm, a deeper relaxation, better concentration and a sense of inner harmony.

The Arushiom 432 Hz video

The Arushiom Foundation offers you a gentle and soothing video, made of beautiful 4K landscapes and 432 Hz music. It was created as a space for pause, to help you slow down and find a moment of calm.

We invite you to listen to it as you need, whether to come back to centre, to relax or simply to give yourself a time of presence.

432 Hz meditation — youtube.com/watch?v=9EhGv1jnWK8

An ideal combination for meditation

Preparation in 4 steps

1. Sit comfortably.
2. Start heart coherence.
3. Follow the rhythm of your breathing for a few minutes.
4. Then continue naturally into your meditation.

This preparation often helps calm the restlessness of daily life and develop a more stable concentration.

07. *Building a lasting practice*

Meditation is a gradual learning process.

- There is no need to be perfect.
- There is no need to stop all your thoughts.
- A few minutes each day are often enough to begin.
- What matters is regularity.

Some days will be easy. Others will be harder. That is normal.

Every time you return to the present moment, you train your attention. Every time you return to your breath, you develop your concentration.

Like riding a bike, meditation becomes more natural with practice. The more you practise, the more your capacity for concentration develops. Over time, what seemed difficult becomes more natural.

What matters is not performance. What matters is consistency.

o8. *The Arushiom Foundation's approach*

The tools presented in this guide are mainly aimed at developing concentration, self-observation, presence and the ability to better handle certain reactions in the present moment. They can help calm the mind, support meditation and bring back more inner peace.

However, some people find that despite their efforts, certain reactions keep coming back automatically. At the Arushiom Foundation, we support people in deeper work aimed at easing certain emotional charges at the level of the subconscious.

When certain emotional charges settle:

- concentration often becomes more natural;
- the mind becomes less restless;
- certain reactions become easier to observe;
- meditation often becomes more accessible;
- a sense of inner peace can gradually take hold.

“Meditation begins where the inner noise stops.”

MASTER RICHARD

Our group sessions

The Arushiom Foundation's group sessions aim to work at the source of certain automatic reactions, at the level of the subconscious, through a gentle, confidential and respectful approach. You have nothing to tell or explain.

Online — Zoom

Take part from home, wherever you are in the world. Sessions are offered regularly on Zoom, according to a schedule available on our website.

In person

In-person gatherings are also offered in various regions. Visit our website or contact us to find out the next dates and places.

What you can experience in a session

- ✓ Understand and ease automatic reactions through an approach focused on the subconscious.
- ✓ Complete confidentiality: you do not need to explain what you choose to work on.
- ✓ A gentle approach that supports more lasting and natural change.
- ✓ Every emotional release session includes a preparation and follow-up meeting.

TO FIND OUT MORE AND SEE THE SCHEDULE OF ACTIVITIES

arushiom.org/fr

[Facebook](#) · [YouTube](#) · [Instagram](#) · [TikTok](#)

The Arushiom Foundation's sessions do not replace medical advice or treatment. A non-medical approach.

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