

MEDITATION TIPS

Create a Space

When possible, meditate in the same space each time. Set out uplifting images, such as Buddha, loved ones, sunsets, flowers, etc.

Make the Time

Don't buy into the "no time to meditate" excuse! Try earlier to bed/earlier to rise, shorter shower, etc.

Make the Determination

Before going to bed, tell yourself "I will meditate in the morning."

Detox from Distractions

Before you begin meditating keep your head clear by steering clear of texts, emails, social media, TV, and newspapers.

Plan Ahead

Decide your meditation topic in advance, before you begin.

Personalize

Make your meditation personal, not abstract. Have a project, e.g. "I want to improve this relationship", or "I want to work on this aspect of myself."

Do it for Others

It's very beneficial to think, "I'm doing this on behalf of others I care about who can't do it/aren't doing it."

Take it Into Your Day

Recall your meditation topic at regular intervals throughout the day, and ask yourself "how can I apply this in my life right now"?

