



The Do's to master meditation

- Practice daily meditation.
- Have a daily dedicated scheduled time to meditate.
- Decide before starting how long will you meditate and stick to that duration.
- Set yourself up in a warm comfortable space where you will not be interrupted.
- Wear comfortable clothing especially around the waist for easy breathing.
- Ensure you have comfortable padding beneath you when meditating.
- Let go of ideas on how the meditation should move along.
- Practice acceptance of whatever goes on during meditation even if it is not normal e.g. pain.
- Be gentle to yourself.
- Let go of judgements. Stay true to your experience. Go with the flow.
- Give yourself permission to whatever you need to do for your safety.

- ❑ Try to stay awake during the meditation. If you drift off to sleep that is fine too.
- ❑ When meditating, if your mind wanders away with any thoughts, return to focusing on your breathing. This will take practice, but is very doable.
- ❑ Posture: Keep your spine straight when meditating for maximum benefit. Arms either on your thighs (if sitting) or by your side (if lying on bed).
- ❑ You can start with 5-10 minutes of daily meditation once/day and scale it to twice/day or even increase the time. Take it easy.
- ❑ Inhale through your nose and exhale through your mouth for your body to relax.
- ❑ Embrace technology to help you meditate regularly.
- ❑ Change your meditation music/technique once in a while for maximum benefit.
- ❑ Meditate short, well and deep rather than long and with bad concentration.
- ❑ Continue to evaluate how you feel after your meditation and make changes as necessary. If things are not working out, consider group meditation classes to set you on the right path.

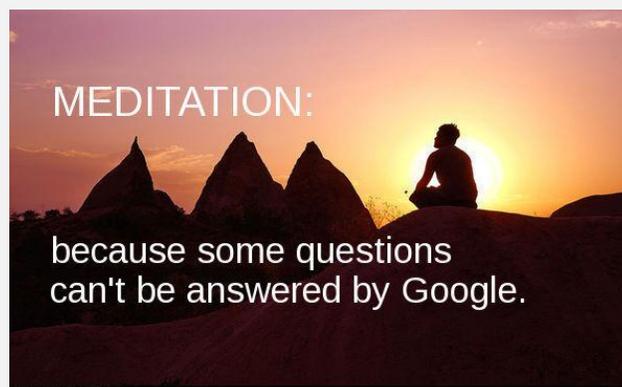


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The Dont's to master meditation

- ❑ Stop saying you DO NOT have the time. You need to take out time.
- ❑ If meditating before going to bed, DO NOT read the newspaper or watch the news.
- ❑ DO NOT try to hard to relax when meditating. It will have the opposite effect.
- ❑ DO NOT take up meditation with the idea that all your problems will be solved in no time.
- ❑ DO NOT be obsessed with meditation
- ❑ DO NOT meditate right after a heavy meal.
- ❑ DO NOT meditate if it makes you uncomfortable.
- ❑ DO NOT meditate if you are drunk.
- ❑ DO NOT play heavy or loud music when meditating.
- ❑ DO NOT get upset or angry if you miss a meditation routine. Just get back on track.
- ❑ DO NOT focus on a single question/problem when meditating. Be open minded.
- ❑ DO NOT be irritated by external noises. It is normal to get distracted by them. Return to focusing on your breathing. With practice things get better.
- ❑ STOP TELLING YOURSELF YOU ARE NO GOOD AT IT. JUST GET INTO A ROUTINE.

“The thing about meditation is...you become more and more you.” ~David Lynch