

## **Meditation Quick Tips**

**Find a quiet place...** this place should be a private place that you know you can occupy without worry of being interrupted.

**Find a serene place...** a good way to calm the mind and ease it into a meditative state is to perform a meditation in a place that you personally find beautiful or aesthetically pleasing.

**Clear your mind...** Everyone will have slightly different ways of doing this, but commonly it begins with focusing on your breathing or by focusing on a fixed object such as a candle flame.

**Calm yourself before you meditate...** if something in your day is stressing or upsetting you in any way, or if physically you are tense, excited or nervous, make sure you take some time to mentally and physically prepare yourself before you begin a meditation. Take a few deep breaths and let go of all worries and tensions.

**Stretch first...** Stretching naturally has a tendency to limber up the body, preparing it for prolonged states of relaxation.

**Have patience...** The benefits of meditation will not always show themselves instantly. This can sometimes take time. Have patience and you will eventually notice results.

**Read up...** take the time to pick up a book or surf the internet to find whatever information you can on the subject. The more you know about meditating, the better you will become at the practice.

**Notice the connection between body and mind...** you may notice that when your body is agitated, your mind will be also, or vice versa. If you notice intrusive thoughts during your meditations or if your attention is drawn into unpleasant physical sensations, do not let this concern you. If this happens gently bring your focus back to your meditation. With time and practice, these distractions will diminish.

**Feel grateful at the end...** feeling grateful for your time meditating will help you to achieve greater results. After your meditation, take a few moments to say 'thank you' for all the gifts that life has to offer.

**Establish a formal routine...** many of us make watching TV or other forms of distraction into a routine. Instead, why not turn something that will be good for you into a routine? Take the time to meditate daily.

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