



Top 5 Tips for Meditation

1. Plan when you are going to Meditate

Book it in to your schedule each day.

Don't wait for the spare time to appear, because it won't!

2. Set a timer

20 minutes, or whatever time you choose. Put your phone on silent, don't respond to anything for that time, just do it.

3. Use the same place

Whether it is sitting on your bed or a comfy chair or your meditation cushion, as much as you can come into your regular Meditation space

4. Stick with the method

Whether you are using a breath focus, a mantra or something else, develop the discipline of staying with the one method for that session.

5. You don't have to stop your thoughts

That can be a relief! Drop back from thoughts, watch them come and go, as best you can don't engage.

