

HOW TO MEDITATE

1 FIND A QUIET SPOT



2 SIT COMFORTABLY



3 FOCUS ON BREATH



4 FEEL THE BREATH GOING IN & OUT



5 NOTICE THOUGHTS THAT ARISE



6 GENTLY RETURN TO THE BREATH



7 AIM FOR 5 MINUTES

If that's too much, start with one minute.



A timer prevents the need to check a clock or watch.

8 PRACTICE EVERYDAY



Be more concerned with making this a habit as opposed to the quality of the session.

9 MAKE PROGRESS PATIENTLY



Try longer sessions.

All there is to do is notice what you notice and relax in the present, unburdened by thoughts.