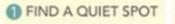
HOW TO MEDITATE





Pick any place and time where you won't be disturbed for a few minutes.

SIT COMFORTABLY



Sit cross-legged on the floor if preferred.

FOCUS ON BREATH







NOTICE THOUGHTS THAT ARISE

Is this
worth doing?
There's so many
other things to do.
Boooooooriiing.
I'm not doing
this right, am I?
What's for
lunch?

It's natural for the mind to be full of thoughts. Do not fight them. Instead, observe them.

GENTLY RETURN TO THE BREATH



AIM FOR 5 MINUTES

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



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

PRACTICE EVERYDAY



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



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