

Tips & Tricks

Make your practice a success!

- **Prep:**
 - Go to the bathroom before meditating.
 - Wear comfortable clothes and add a jacket or sweater if the room is chilly.
 - Make sure you aren't hungry or thirsty before starting your practice; hunger or thirst pangs can distract the mind.
- **Position:**
 - Find a comfortable resting spot. This can be seated or reclining. (Note: it's easier to fall asleep if you are laying down.) If you find it uncomfortable to stay seated for a long period of time, try sitting with your back against a wall, or in a chair.
 - If sitting on the floor, cushion your sit bones with a blanket or pillow.
- **Pencil:**
 - For new meditators, it can be helpful to keep a blank piece of paper or journal near so you can write down any pressing issues that come up. Once you can let them go with the assurance that you'll revisit them later, you can dig deeper into your thoughts than just the 'to do list' or distractions on the surface.
- **Practice:**
 - Try different kinds of meditation! Trying each kind will help you find the ones that you like and can stick with.
 - Make meditation part of your morning routine. This will help ground you and mentally prepare you for the day ahead. In the morning, there aren't as many distractions or interactions to cloud your mind.
- **Progress:**
 - Start small! Meditate for 5 minutes, then 10 minutes, then 15, until you're comfortably meditating for an hour! Working your way up will make it easy to start and maintain your meditation practice. As you continue to practice, you'll feel the time fly by. If you kick it off with a 30 minute meditation, you'll feel it drag on and may lost interest altogether.

Finally, try setting an intention for your meditation. Giving your meditation direction will help you make the most of your practice.