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GUIDELINES FOR MEDITATION SUCCESS

Meditation and mindfulness have been growing in popularity. ***Even mainstream medicine is touting the virtues of meditation.*** Meditation is a skill that can be learned by anyone. However, learning a new skill is challenging. Try these helpful tips for greater success in your meditation.

1

Set and keep a daily schedule.

Becoming skillful at anything requires regular practice. Meditating once a week is about as effective as brushing your teeth once a week. Make meditation a priority by reserving time each day for your meditation practice.

2

Start small.

Think of meditation as exercise for your mind, focus, and patience. Controlling your thoughts is challenging. You have to walk before you can run. Start by meditating for only five minutes and build from there.

3

Meditate in a comfortable position.

It's important to find a position that you can hold comfortably for at least as long as your meditation session. Discomfort is distracting and makes meditation more challenging.

4

It all starts with the breath.

Making your breath the focus of your meditation has many advantages. You take your breath with you wherever you go. Also, you can control your breathing.

5

Use a timer.

Worrying about the time can also be a distraction. You can avoid this distraction by using a timer. You'll have less desire to check the time and you don't have to worry about being late for another activity.

Meditate for one minute each waking hour.

Meditating for a minute each hour will quickly cement your meditation habit. It also helps to keep you focused and relaxed throughout the day. This time would be in addition to your longer meditation session.

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7

Experiment.

Try meditating while walking or standing. Meditate in a chair instead of sitting on the floor. Counting your breaths might be more effective than not counting. Perhaps the morning works better than the evening. Experiment with different techniques to see what works best for you.

Read about meditation.

Spend a few minutes reading about meditation each day. You'll learn more, stay inspired, and make meditation a bigger part of your life. There are many YouTube videos dedicated to meditation instruction.

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Practice patience.

Meditation is simple, but it's not easy. It takes time and effort to meditate effectively over longer periods. Take your time and focus on taking small steps.

Meditate everywhere.

Meditating under ideal conditions is the easiest way to learn. But the most important times to meditate are anything but ideal. Practice meditating when you're stressed at work, the air conditioning is broken, and your boss is all over your back.

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Build the habit of meditating daily. **Meditation can enhance your life in many ways, both physically and mentally.** It can take years to become an expert, but you'll notice benefits after just a few days. Go slowly and enjoy the process.