

## Beginning a Home Practice:

- Experiment to “Find Your Spot.”
- Experiment to find the time of day that works best for you.
- Meditate each day — even if it’s just for one breath — and note your mind and body’s reactions to this new activity.

## Tips for Cultivating a Successful Home Practice:

1. Same time, same place, same posture.
  - Preferably a place used only for meditation.
  - Clean, uncluttered, pleasant and/or beautiful
2. Comfortable posture:
  - Chair - feet flat on the ground, spine straight, hands in lap
  - Cushion - knees lower than hips
  - Sit half as long as you think you should.
3. Sit for only as long as you are enjoying it. No Joy = No Do.
4. Practice daily. Use a meditation log.

## Simple Meditation Sequence:

- 1) Sit. Comfortable Posture. Relax Body
- 2) Opening Attunement or Blessing:
  - May this meditation free me from all obstacles to my happiness.*
  - May I find joy, harmony and contentment.*
  - May all beings find joy, harmony, and contentment.*
- 3) Practice Your Pranayamas or Meditation Technique:
  - When the mind wanders bring it back gently, neutrally.
- 4) Release the techniques. Sit. Enjoy the aftereffects of the Practice.
- 5) Closing Blessing such as the Loving Kindness Blessing

## SAMPLE MEDITATION LOG

SUN	MON	TUES	WED	THURS	FRI	SAT
am	am	am	am	am	am	am
pm	pm	pm	pm	pm	pm	pm