



Silence please...
I am meditating.
NAMASTÉ





MEDITATION TIPS

Where to Meditate

Since these are guided meditations, you can plug in, close your eyes, and go within in any safe place you choose where you will not be disturbed.

When to Meditate

Morning and evening coincide with our body's quieter rhythms. Our body knows how to be still; we just have to give it opportunity. Studies show that routines begun in the morning last the longest, but any time you look forward to meditating is the right time.

Body Position

Being comfortable is most important. It is preferable to sit up straight on the floor or on a chair to help cultivate alertness, but if you are ill or need to lie down, that is fine. The mind has been conditioned to sleep when the body is lying down so you may feel sleepier. Your hands can relax on your lap, palms up or any way that you feel most open.

Thoughts

Thoughts will inevitably drift in and dance around your mind, but that's normal. Don't try to do anything with them – let them be. If you find yourself thinking about what's passing through your mind, just return to focusing your awareness on the mantra or your breath – you will soon slip into the space between thoughts.

Breath

When we pay attention to our breath, we are in the present moment. In an unforced, natural rhythm, allow your breath to flow in and out, easily and effortlessly.

Meditation Length

The effects of meditation are cumulative, and setting aside as little as 15 minutes a day to retreat and rejuvenate is beneficial. Many schools of meditation prescribe 30 minutes of meditation twice a day, and as your meditation practice evolves, you can extend your time. It's better to spend just a few minutes meditating every day rather than meditating for an hour a week.

21-Day
Meditation Challenge™

CHOPRACENTERMEDITATION.COM

CARLSBAD, CALIFORNIA