

Tips for Meditation

1. **Consistent practice** – it takes 21 days to establish a habit.
2. **AHIMSA** – “non-violence” starts with you. Be gentle to yourself. Let feelings of frustration go, like a passing cloud. Do not stress.
3. **Stretch 1st** – loosens muscles and tendons.
4. **Mindful Breathing** – conscious awareness of your breath. Can help with concentration or one-pointedness.
5. **Intention** – set an intention for your practice. Have no expectations or judgments.
6. **Train brain to be happier** – for 2 minutes over 21 days, think of a meaningful positive memory & write it down. Brain begins to retain a pattern of scanning for positive first rather than negative.
7. **Be grateful** – at the end of the day, write down 3 things you are grateful for. Or reflect for 2-3 minutes.
8. **Recommended books** –
 - a. *The Power of Now* by Eckhart Tolle
 - b. *Wherever You Go, There You Are* by Jon Kabat-Zinn

~ Change within

~ Patience with self

~ Patience with change

~ Freedom in breath

Don't let your mind drag you around.
Stay awake!