

## 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

## SAMPLE MEDITATION LOG

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