

## How To start a meditation practice.

Set aside at least 30-minutes and find a quiet place to reduce distractions; if all you have is 15 minutes, a coffee break, time for a quick snack – use that.

1. Time – Give yourself some time where there is nothing you must do or nothing immediately next; 30 minutes should do, however, I would recommend no appointments for at least an hour away, since they are effectively another possible distraction.
2. Paper – Get a pad of paper, your favorite pen – NO cellphones, NO tablets, and NO computers allowed.
3. Place – Find a comfortable place where there are no distractions – it's hard to find that at home or the office; so, you may want to try a few different places. Did I mention no cellphones, no laptops, no TVs, no other noise (if possible); “white-noise” is OK, if it doesn't distract.
4. Sit down – I recommend sitting, no specific posture at this point – although there are many benefits from sitting up straight.
5. Breathe – Just sit down and breathe slowly for a few breaths – in through the nose and out through the mouth. Don't worry about anything else right now. Just breathe slow.
6. Write – If a thought comes to mind and stays there, write it down. As much or as little as feels right. Then begin again, breathe.
7. Practice – repeat daily, if possible.

Give yourself about 5 to 10 minutes the 1st few times.

Don't worry about meditating – there is no right way or wrong way – that is not the point (that will come later), practice will come later.

For now, just learn to get stuff, junk, to-dos, list, thoughts, baggage, what-ever out of your mind onto the paper: the parking lot.

Remember you are training your brain: meditation is training.

The benefits of meditation come through repetition and through practice.

Once you have mastered this practice over a minimum of a few weeks or a month, drop by the website for additional resources.