

# Prepare for Meditation

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## **Attitude**

The right attitude is probably one of the most important aspects of meditation. Your attitude should be one of respect. Respect for the process and in the knowledge that you are allocating time to develop your inner self. Don't treat it like a joke or make comical comments about it to friends and loved ones. Chances are, the importance you once placed on it would diminish over time. Meditation is not something you should only do just to relieve stress. While stress relief is a by-product of certain types of meditation, there are many other techniques to help you to release stress directly.

## **Find a Special Place**

Try and set aside a special place where you can meditate uninterrupted on a daily basis. This may be difficult if you have a family and where space is limited. This space may be in the corner of your bedroom, garage or office. This will be your special space, so make it appealing by adding a special chair, cushion or blanket you could sit on and can be used only for meditation.

## **Prepare Physically**

Wear loose comfortable clothing. Also, if you are wearing shoes, take them off as this will start to relax your feet.

## **Sit relaxed, with back straight**

There's no need to sit in a special posture to meditate. If you can sit comfortably on a cushion on the floor, that would be okay. Otherwise a chair is fine. The important thing is to be still and relaxed, to have your back straight but not tense. Be aware of your shoulders and relaxed them. People sometimes ask if it's okay to meditate while lying down. This is not recommended as it tells your brain that you are ready for sleep.

## **Take it slow**

Five minutes of meditation a day is enough to start with. Remember that your mind has been "chatty" thinking about this and that for most of its life. This is probably the first time you are teaching it to become quieter and quieter. Don't start with any expectations as to what will happen or what should be happening. Just practice as taught and the rest will take care of itself. Over the weeks, we will increase our meditation to around 20 minutes.

## **Use a wristwatch or wall clock without the alarm.**

Some people ask me how do I know when 10, 15 or 20 minutes are up? I find that in the early stages of learning to meditate, the best way to keep track of time is to have a wristwatch or clock. While meditating, you can gently move your hand, look at the wristwatch and put your hand back down again. Alternatively you could open your eyes gently just enough to see the time on the clock. Try not to make any sudden movements, as this will start to interrupt the meditation and will increase your level of physiological arousal relative to what you are trying to achieve. It's only a matter of time before your own biological clock will determine that you have completed the amount of meditation time you set yourself.

## **Choose the right time**

Try and practice at the same time each day.

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Choose a place where you are not likely to be disturbed by people, phones etc. If the phone rings, let it ring. If it is important they will call back.

The best time to meditate is early in the morning, before you start your day. This way, the relaxation you get from your meditation will be with you for the rest of your day.

Many people like to meditate at the end of the day, after work. If you have a family who wants to be with you, this might be difficult unless you can negotiate with your partner and loved ones for around 20 minutes where you can meditate uninterrupted. You might also want to meditate just before going to bed. This will help you to sleep more soundly depending on the type of meditation you use. Some meditation techniques will actually recharge your batteries making it somewhat difficult to sleep immediately afterwards. As I mentioned elsewhere, certain types of meditation are for certain purposes.

## **Eat small if hungry**

Don't meditate after a heavy meal. Because your mind and body are linked, eating a heavy meal will just interfere with your meditation process. If you have eaten a heavy meal, wait approximately 2 hours before meditating. If you are really hungry, eat something small before meditating.

**Remember your attitude to meditation is one of the most important parts of the process.**

## **Treat It with Respect**

