

Meditation Checklist

By Nicole Nichols-West

- Preparation
 - Make it a formal practice.
 - Pick a specific room in your home to meditate - a quiet, comfortable place.
 - Meditative space must be clutter free.
 - Read a book (or two) on meditation.
 - Listen to instructional tapes and CDs.
 - Make it a habit to get up half an hour earlier to meditate.
 - Generate moments of awareness during the day.
- Meditation
 - Make sure you will not be disturbed.
 - Don't keep your mobile phone nearby.
 - Start with the breath.
 - Stretch your muscles to feel more comfortably.
 - Meditate with purpose Focus your attention to a single point is hard work.
 - Light a candle and use it as your point of focus.
 - Notice frustration creep up on you - focus in on your breath and let the frustrated feelings go.
 - Experiment - try sitting, lying, eyes open, eyes closed, etc.
 - Take notice of the body when a meditative state starts to take hold.
 - Once the mind quiets, put all your attention to the feet and then slowly move your way up the body.
 - No matter what happens during your meditation practice, do not stress about it.
 - Once your practice is through, spend 2-3 minutes feeling appreciative of the opportunity to practice.