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MEDITATION Tips for EASE and CONSISTENCY

*This tip sheet includes powerful tips for easier and **better** meditation. It also includes 3 actionable steps you can take **right away** and a list of suggested reading for those people who are looking for even **more information**.*

TOP TIPS

Meditation isn't just for self-help followers anymore - it has gone mainstream. People have widely accepted that meditation is a powerful tool and can help you no matter what your pursuit is. If you are having trouble getting into the habit, or you want to perfect your technique, then follow these nine tips:

1. Start Early

While you can meditate at any time of the day, there are a few reasons the morning might be the best. First off, when you meditate early, it ensures you don't skip it later because your day got busy. Secondly, it's an excellent way to motivate & inspire yourself for the day ahead and start off on a positive note.

2. Start Small

So many people start to meditate and then give up. They get frustrated, find it too hard, or miss too many days. Start small! You don't have to become a Zen master overnight. Meditate when you can, for as long as you can & whenever you can. Eventually, it will become a habit. Even five minutes is beneficial!

3. Make it a Routine

If you are still struggling with meditation, make it into a routine. If you practice meditation at the same time each day, it will be easier to ingrain as a habit. Try tying it to an already existing habit to make it easier to create consistency.

4. Find the Technique That Works for You

There are several different meditation techniques. The key to making it a regular habit is to find the one (or more) that you resonate with the most. This step will make it much easier to stick with it. Try a few and choose a favorite.

5. Keep It Simple

Don't get caught up in "wrong and right". Keep things simple. Even closing your eyes and focusing on your breath for a few moments is better than nothing. There's no such thing as a bad session – each one is productive.

6. Try a Guided Meditation

Some people need a little more structure or substance to keep them focused. Fair enough! If you are one of these people, you may find a guided meditation easier to follow. It offers similar benefits and quiets your "monkey mind". You can find many free, guided meditations on my website, YouTube and apps.

7. Create the Right Atmosphere

Once you start making meditation a habit, you can fine-tune things by creating the right atmosphere. Having a clean, organized, and comfortable area to

practice meditation will ensure you reap the maximum benefits. Add crystals, candles, a blanket or anything inspiring and comforting to invite you in.

8. Eliminate Distraction

Creating the right atmosphere includes eliminating distractions. Make sure your area is quiet and turn off your phone alarms and pings. If you live with friends or family, let them know how important it is not to disturb you.

9. Embrace Technology

It might seem weird embracing technology when it comes to something as spiritual as meditation, but it makes sense. YouTube and other sites have free guided meditations. Apps help make meditation a habit. Setting a reminder on your phone can help remind you it's time to meditate.

ACTIONABLE STEPS

1	2	3
Take 3-5 minutes today to clear your mind, close your eyes, and focus on your breathing. This action might not seem like much, but it IS meditation!	Go to my website or YouTube and find a guided meditation that speaks to you. You can narrow your search by <i>focusing on different meditation topics.</i>	Schedule meditation into your week. Better to meditate 3 minutes a day consistently than 20 minutes once a week. Take some time now to schedule meditation each day in your planner.



FURTHER READING

- 1. Just Sit: A Meditation Guidebook for People Who Know They Should But Don't**
<https://www.amazon.com/Just-Sit-Meditation-Guidebook-People/dp/006267286X/>
- 2. Practicing Mindfulness: 75 Essential Meditations**
<https://www.amazon.com/Practicing-Mindfulness-Essential-Meditations-Everyday/dp/1641521716/>
- 3. The Daily Stoic: 366 Meditations**
<https://www.amazon.com/Daily-Stoic-Meditations-Wisdom-Perseverance/dp/0735211736/>
- 4. The Headspace Guide To Meditation And Mindfulness**
<https://www.amazon.com/Headspace-Guide-Meditation-Mindfulness-Minutes/dp/1250104904/>
- 5. Practical Meditation for Beginners**
<https://www.amazon.com/Practical-Meditation-Beginners-Happier-Calmer/dp/1641520256/>