

# Meditation Practice - Suggestions

Start your sitting, walking, yoga and body scan by considering your intention and knowing why you are meditating.

Your posture should be erect, balanced and at ease.

Meditate every day. If resistance arises, remember it is normal and be mindful of the thought and any sensations it produces in the body.

When upset, don't avoid sitting even though it may be hard to do so. It is important to sit during difficult times.

Notice that there may be a "honeymoon" period for new sitters. Afterwards, it may turn into resistance. Just continue the practice by feeling sensations, emotions and thoughts.

Achieving is not the goal, i.e., insight, calmness. These may or may not occur.

Don't spend your meditation time in planning. Set up another time for planning.

Real practice is not about the techniques as ends in themselves, but about the transformations in your life. Practice is for the rest of your life.

(adapted from Beck, Charlotte Joko,  
Shambhala Sun, July 2002)