



The right time to meditate is ... **when you can!**

However long you have to meditate give yourself a **buffer zone** before returning to activities.

### When?

Don't try and find time to meditate - **make time.**

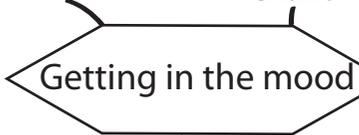
Many people find that first thing in the **morning** is the easiest time to meditate.

**Discipline** - rigorous enough to provide continuity and progression; flexible enough to support a vigorous life.

If appropriate, **decide** not to meditate, DON'T just not get around to it.

**Buddhist Ritual**

**Chant**



**Reflect**

**Inspire** - Read poetry, look at art, listen to the beautiful...

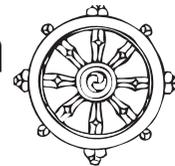
A good habit is to alternate doing the *Mindfulness of Breathing* with the *Metta Bhavana*

### How?

*Just Sitting* is good to do at the end of every period of meditation and if you are doing a lot of practice as a way of deepening receptivity.

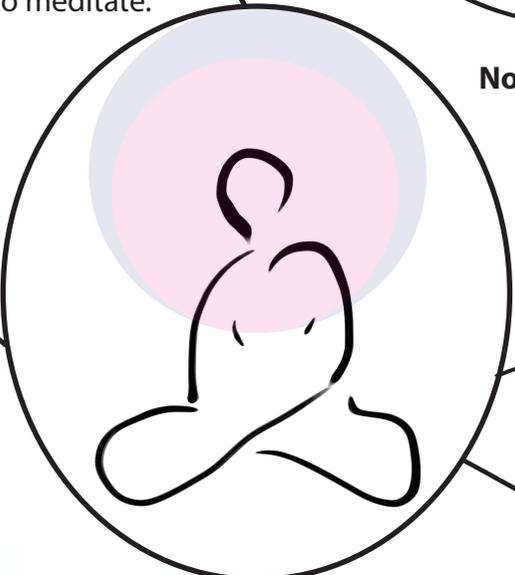


## Establishing a Regular Meditation Practice



Exercise that stretches the body and helps energy to flow can be helpful as preparation. However, too much crude energy or tiredness can result if not used sensitively.  
> stretching, yoga...  
> Chi Kung (Qi Gong), Kum Nye...

Building a **shrine** - a physical focus for your aspirations is very helpful. A traditional shrine has a representation of enlightenment (usually a statue of the Buddha) and offerings. The main offerings are lights (a reminder of the Buddha's wisdom), flowers (a reminder of impermanence: a key feature of the Dharma) and incense (suggestive of the pervading influence of the Sangha).



**Good temperature**

**Safe**

**Conducive atmosphere**

### Where?

**Fresh air**

**Not interrupted**

**Quiet** - most sounds can be left to fade into the background of our experience. Think of it as just 'life' rather than 'distractions'

Don't wait for **perfect** conditions!

Meditation is the uninterrupted flow of skilful mental states. The object of meditation is to transform oneself, not to have good meditations.

Sangharakshita

### Why?

- Some **reasons to meditate**
- the more pure the reason the more transformative the practice
  - > Doing it out of habit
  - > Meditating for pleasure
  - > To cope with life
  - > To respond more creatively
  - > For others

Meditation has an investigative element. How do I, others, consciousness ... function?

