

Week 13

Moving Forward:

Sustaining & Deepening in Meditation



TIPS FOR MEDITATING ON YOUR OWN

Now that you've completed this series, what's next? If you want to continue to reach the peace you have felt in class, then we recommend you to keep meditating on your own. Finding the time to meditate is up to you. Once you create a rhythm, the possibilities are endless! Below are a few tips to help you set up a rhythm and reach more depth within your meditation practice.

1. WANT IT

Having the desire to meditate is the first ingredient. Maybe your inspiration is to improve your health, reduce your stress, improve your sleep, or simply silence your mind! Carving out time to meditate will happen more effortlessly if you have the motivation to do it. Even the simple desire to feel relaxed is enough to start things off.

2. DO IT

Make a plan to meditate regularly, ideally twice a day - in the morning and evening. Whenever you do it, let each meditation grow upon the previous one. Establishing a rhythm of meditation will lead to a more dynamic experience!

3. USE YOUR TECHNIQUES

If you find yourself battling a busy mind through your meditations, don't despair! Conquering your mind can be helped through utilizing the techniques learned in class. Using your hands during meditation to help guide your attention, and practicing regular footsoaks will both help. Also, periodic checks throughout the day to see if you can silence your mind is another great way to get used to, and deeper into meditation. Let your intuition guide your practice and lead you to a sustained silent mind!

4. MAKE IT COLLECTIVE

Meditating alone is nice, but bringing a group together can be even more powerful. Invite your friends and family to join you, and enjoy the benefits of the collective experience. Workshops between two meditators can also help clear blockages within the system, and ultimately reach deeper states of peace.

5. STAY IN TOUCH / ASK QUESTIONS

If you find yourself wanting more, ask for it! Your Meditation Instructor is available to help answer your questions, and further guide you in your journey of meditation. So don't give up when you feel frustrated, or find the challenges too great. Your instructor is a phone call or email away!

6. COME BACK SOON

If possible, try and attend classes near you. Regularly getting that group experience, and learning more techniques face-to-face is the best way to get more out of your meditation practice. We look forward to meditating with you again one day soon!

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