

# TIPS FOR MEDITATION

- Sit at the same time every day. Finding times that work in your schedule no matter what will help in the consistency of your practice.
- Establish a place for sitting. Having a set spot that is already set up and prepared can increase the chances of practicing tremendously. This spot also accumulates good energy over time. This is called **\*sacred space**.
- The hardest part is beginning. The idea of being still and looking inward is much more difficult than actually doing it!
- Let go of expectations. Meditation is not about having an experience in particular. It focuses on becoming more present, aware, and balanced. Letting go of labels such as “good” or “bad” is helpful. If you sit and truly make a diligent effort to pay attention and stay calm, you make progress!
- Finding friends for accountability can help a lot. You text them when you sit and they text you when they do. You can communicate in whatever way helps and encourage each other along the way.

## \*WHAT IS SACRED SPACE, AND HOW DO I CREATE IT?

The first step to creating a sacred space is deciding what does sacred mean to you. From there you can include the elements that you need. If this space is for yoga or meditation, you'll want a yoga mat or meditation cushion. For reflection, maybe you'll include pictures, candles, quotes, or a journal. There are countless ways to create this space and it should be unique and authentic depending upon your definition of sacred.