

# Tips and advice for meditation

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1. It is important to meditate every day and meditate in a place where you can be alone and undisturbed
2. Keep up a positive attitude.
3. Do not meditate when you are tired.
4. Sit in a comfortable position with your spine erect. You can sit on the floor, on a cushion or on a chair.
5. Relax your body.
6. Take a few slow deep breaths.
7. To relax even more, for a few moments focus on a pleasant memory, or a mental image of a place that makes you feel calm.
8. Think for a few moments about the benefits of meditation, how it will strengthen your focus, calm down your mind, ease stress and tension, cultivate a positive state of mind.
9. Before you start to meditate, tell yourself that all thoughts, ideas and plans will have now to wait until you finish, and that nothing is going to distract your mind.
10. Start meditating calmly, yet with focused attention. The more focused the attention is, the easier it is to ignore thoughts and other distractions.
11. Keep calm both mentally and physically, and allow your body to relax completely.
12. Patience, perseverance and self discipline should be always cultivated.