

# KEEP YOUR PRACTICE *alive*



## *do it everyday*

Meditation is a reliable method for training your mind to be present, less reactive, more flexible, accepting, kind, patient, focused, and creative. But just like building strength at the gym, we have to put in the time and effort into training. We have to *make the time for it* in our busy lives. Try scheduling time to sit regularly in order to deepen your practice. When you do it doesn't matter - what's important is that you bring consistency to your practice.

## *pause daily to appreciate how your practice is showing up*

Celebrate the times when you're able to catch yourself getting worked up, pause for some deep breaths, and let go. Notice moments when you're more patient and less reactive to things that normally bother you. Notice if you're calmer, and feel more balanced in life in general. Notice if gratitude shows up more readily.

## *remember that meditation is restful and restorative*

When you start to feel the pressure of "not enough time" and your practice falls off the priority list, try to remember that meditation is deeply restorative, and brings balance to the nervous system when we're feeling stressed and over-doing it. When practiced regularly, "non-doing" can actually help you lower the amount of sleep you need each day.

## *let go of expectations*

Meditation isn't about getting somewhere or achieving something. It's about showing up for yourself with kindness and acceptance, just as you are. Practice with a gentle, non-judgmental patience and realize that some sits will feel easier than others. When you continue regular practice for an extended period of time, you'll no doubt see the benefits. Take your time - it's a marathon, not a sprint.

## *get support*

Questions and challenges are inevitable on the path of mindfulness. A skilled teacher can help you navigate the practice potholes and answer your questions, and a community can lift you up when you falter.

## *create a personal meditation space*

You don't need a massive room with special supplies - just enough space that you can relax into. When you have a meditation space or corner dedicated to practice you may find it easier to form a daily routine.

