

Getting Started: Home Meditation

The miracle of meditation is no secret. A vast and growing body of research shows that meditating can reduce stress, alleviate anxiety and depression, increase your attention span, and deepen your compassion for others, among its many other benefits. But knowing that meditation is good for you is one thing – sitting down every day to do it is another.

The following tips are designed to help you establish your home practice and experiment with a program that gives both beginning and on-again, off-again meditators a taste of the rewards of regular practice – and hopefully puts you on the path to a habit that sticks.

- **Create a dedicated space** – A small room or closet is ideal, but if this is not possible, create a quiet area in your home and return there each time you practice.



- **Set a consistent time** - Choose a regular time – such as dawn, noon or dusk – and try to practice daily.

- **Ensure quiet** – To sharpen your mental focus, wear headphones or earplugs if sounds are distracting.

- **Sit with good posture** – Sit upright, with spine erect and body relaxed, and place your hands, palms up, on the thighs at the junction of the thighs and abdomen.



- **Be comfortable** – Use pillows and cushions as necessary. Sit in a chair if it is more comfortable. Place a pillow across your thighs if needed as a place to rest your hands. Experiment with different positions (including different hand positions) to find out what works for you. It doesn't matter what you look like – it's much more important to notice how you feel.



- **Start gradually** – Start with as little as 5 minutes and increase your sitting time in increments of 5 minutes. Work up to 30 minutes, twice daily, if possible. Let enjoyment be your guide.