



HOW TO MEDITATE

Meditation =
Mental exercises
that improve the
mind (like physical
exercises improve
the body)

Learning to meditate is like learning to ride a bike. As you practice, skill improves.

Meditation tools can be brought into your everyday life – at a red light, while walking from one room to another, while waiting ‘on hold’ during a phone call – as well as during quiet periods you designate to ‘practice’.

A simple meditation

- ❖ Sit Comfortably and somewhere that you won't be bothered for 5 to 20 minutes (start with 5 minutes and gradually increase to 15 or 20 when it feels right to you)
- ❖ Pick something upon which to focus your awareness (many people use the breath, you can pick a spot that is EASY for you to follow – stomach breathing in and out, chest raising up and down)
- ❖ Just note your breath (do not try and ‘change’ how you are breathing). Just be aware of the breathing sensations (in breath, out breath, etc.)
- ❖ You will soon notice that you are thinking of something else (work, etc.), do not TRY and get rid of the thoughts, just NOTICE them, tell them ‘LATER’, and re-focus your awareness on your breath.
- ❖ Continue doing this for 5 minutes, and gradually increase, when it's comfortable to do so.

Meditation doesn't have to be too serious. It's OK to use it for lighter things. Applying meditation to your golf game will help you improve, and make it more relaxing for you. Apply meditation to your daily activities and it will likely help you too.

From Arpaia and Rapgay, *Tibetan Wisdom for Western Life* (1999)