

10 ADVICES ON MEDITATION

1. Meditation is your private activity. Meditation is not a mass activity. Your community or your environment will help you, but it remains your experience.
2. Meditating is an activity you can learn from you own practice. Masters will “only” help.
3. Concentrate, focus on anything. Decide, and than focus your attention on a reality. It can be an internal or an external reality but it should always remain a reality. You can focus inwards or outwards, but be sure that there is a reality.
4. Let disappear EVERYTHING else. Everything except that ONE real thing you are focusing on. You may find silence, emptiness in your mind.
5. Finish after a pre-decided time.
6. Be flexible. Give up, if necessary. And start again. Try to make this time as long as possible. It is OK if it is one minute or 10 minutes, or even only a half minute first, you can elongate your meditation later. The important is that you concentrate on ONE thing. It is about quality, not quantity.
7. Concentrated times - similar to meditation may happen to you spontaneously too. Explore these situations and learn from them.
8. Meditation is good. It helps you. When it is difficult, when it makes you tired – that is not meditation.
9. Write or record your experiences immediately or the day of your meditation. Keep it short, objective.
10. Ask, consult if you have doubts, questions. Find your partners in your process if you need, but remember your answers you will get from nobody else but yourself.

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