



MINDFULNESS MEDITATION

Find a quiet location. Sit on the floor (preferably) with very straight posture. Close your eyes. Block out all thoughts and focus on your breath or your minds image of a flickering candle. Do not attempt to control your breathing. Do not listen to "relaxation music". If thoughts enter your mind, calmly redirect your attention to your breath or the candle image. As you gain experience your meditation periods can become longer ... however, start with 10 minute sessions.

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Date	Time of day	Location of your session	Minutes meditating
Notes regarding meditation session			

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"When you meditate you have to try to quiet and calm the mind. There should be no thought within the mind. Right now you feel that if you can cherish twenty ideas at a time, then you are the wisest man on earth. The more thoughts that enter into our minds, the more clever we feel we are. But in the spiritual life it is not like that. If consciously we can make the mind calm and quiet, we feel that a new creation dawns inside us. "

- Sri Chinmoy

