

Super Quick Tip Guide To Meditating

- Pick a time and place that works best for you.
- Don't stress yourself out.
- Meditate only as often as you want to
- Meditate only as long as you want to
- Play with different types of mediation and find one that resonates with you.

Remember: There is no absolute 100% correct way to meditate, there are just many different paths.

Very Important Tip! Sometimes meditation just won't happen. You're frustrated, can't calm down, what have you. Don't let this irritate you. Stop and try again later. It's not the end of the world if you can't meditate.

Easy beginner meditations:

- Count your breathes in 4 out 4 then build up to larger numbers.
- Count backwards from 100 and restarting every time you forget where you are.
- Concentrate on a picture/mandala/flame/color.