Your Meditation Checklist

WHAT REMINDS YOU TO GET TO YOUR MEDITATION SEAT?

CHECK YOUR POSTURE

TAKE A FEW MOMENTS TO SETTLE

BE CLEAR ABOUT YOUR METHOD AND STAY WITH IT FOR THE WHOLE SESSION

JUST LET YOUR THOUGHTS COME AND GO WITHOUT FOLLOWING AFTER THEM

DON'T PANIC IF YOU FEEL BORED - JUST NOTICE IT
Come back to your meditation throughout the day.

If something disturbs you - no problem - just notice and come back to your method.

Take time to end your session well.

Be mindful of the first mouthful of a meal.

The first sip of a drink.

While you are waiting on your train, or bus home.

Awareness in Action