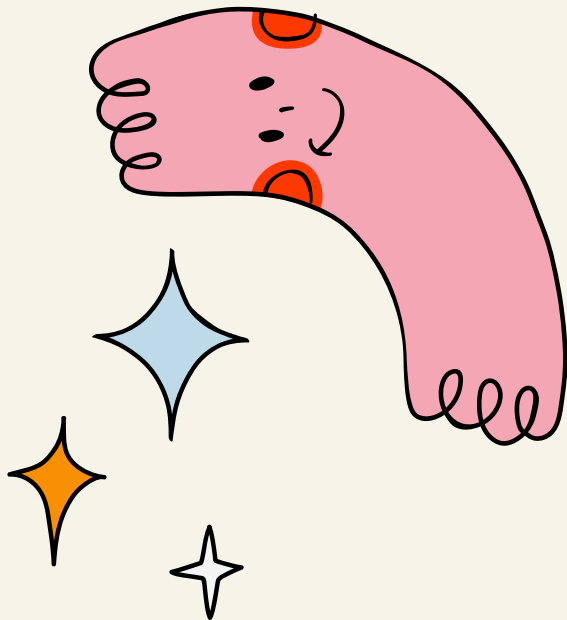


Meditation Cheatsheet

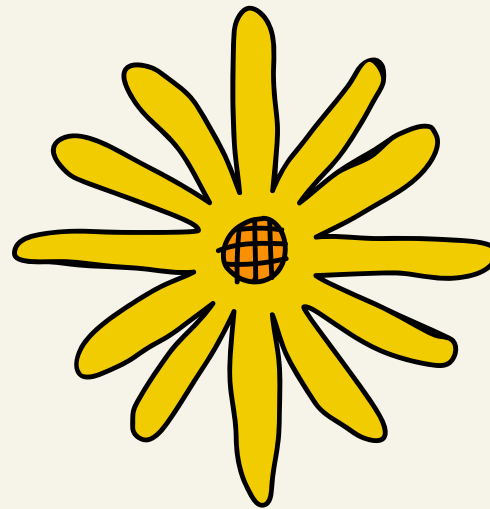


Meditation is about sitting in a quiet place, turning into oneself, approaching the inner world in a nonjudgmental way, and being conscious of thoughts and emotions. When it comes to meditation, "done" is better than "perfect". Therefore sitting for five minutes a day is sufficient to calm oneself.

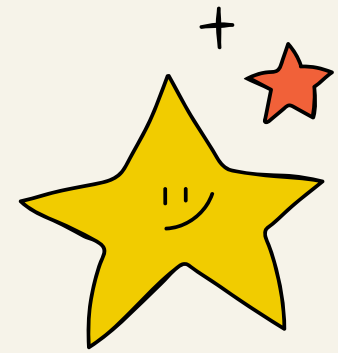
www.bigumsjournal.com

Focus on your body

Bring your attention to the present, and the best way is to focus on your breath or body. Scan your body; feel your feet, legs, arms, chest, head, and face... Inhale and exhale.



Let the thoughts come, observe them, take a distance from them...



Monitor your thoughts

Having racing thoughts is purely normal. They will come and go. Try to oversee your thoughts. Don't let them take you; label them and let go. The thoughts can be memories, beliefs, ideas, or commitments. Try to take a distance from them the moment you caught them.

Practice makes perfect!