

A Beginners Guide (pdf)

- Watch *The Secret Is There Are No Secrets: An Introduction to Zen Meditation with Cheri Huber*. It is a wealth of essential information concerning meditation posture and attitude of mind.
- Set up a dedicated place in your home where you can practice seated meditation.
- Meditation practice, like anything that you want to get good at, requires training. Gentle stretching or yoga can be helpful to loosen areas of tightness. Parts of the body that are uncomfortable in the beginning become comfortable with practice.
- It is by far more important to meditate consistently for short periods of time than inconsistently for longer. Meditating for 10 minutes a day, 5 days a week is a great way to begin. Then gradually build up to 30 minutes.
- Don't make your meditation practice into a contest.