

Biography of a Resistant Meditator

- “Gee, meditation sure sounds like a good idea.”

5 years later-

- “Hmmm... a class on mediation. I might take it.”

2 years later –

- “That was a well spent afternoon! Great teacher!

I’m definitely gonna start meditating now!”

15 years later –

- “I can’t stand this!!! How is this not 5 minutes????!

Something must be wrong with this f***in’ timer!”

7 years later –

- “You know I actually like being in my own skin... When the heck did that happen???”

Tips from a Resistant Meditator

(Not to be confused w/real meditation instruction, but it’s been working for me!)

Start with less than 5 minutes on the timer!

- Build from there.
- Position yourself comfortably, but not so comfortably you fall asleep.
- Close your eyes. (Unless you’re doing walking meditation, then it’s best to keep them open.)
- If you want, pray on your intention for the time (i.e. “Please use this time for its most beneficial purpose.”) or read spiritual material beforehand.
- Attempt to stay present, in your body, experiencing what you experience (physical sensations, emotional sensations, etc.)

- Following your breathing, in and out, is useful.
- When your mind takes you on the 17 million tangents it will take you on... gently refocus your attention on your body/feelings/breathing.
- When amazing insights bubble up, giving you great clues into the mysteries of the Universe, acknowledge your gratitude and... gently refocus your attention on your body/feelings/breathing.
- Adjust your rear end if it starts to hurt. (This applies to other body parts as well.)
- Trust that the acute anxiety you feel initially (if you're like me) – the horror of being alone and still within yourself — will diminish over time.
- Trust that the acute anxiety and horror will be replaced with a certain delicious yearning to spend time quietly in your own attentive company!
- Enjoy! (Well... as soon you start to...)