

SETTING THE HABIT

PRACTICE, PRACTICE, PRACTICE.

Meditation takes practice like everything else.

Don't expect to feel "enlightened" the first time you try it or be disappointed if you find it frustrating.

It is working for you whether you feel like you "got it" or not. Just making the effort to focus for even five minutes can make a difference.

There are many different types of meditation. You may find one that works better for you every time or you may find that different types work on different days.