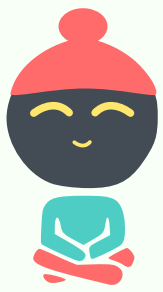


How To

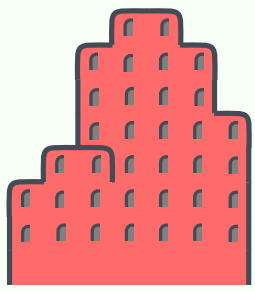
Meditate

In The City?



# What is Meditation ?

Meditation is a simple practice to **calm our body and mind**, by observing an object patiently as it changes with each moment. It first starts when we make the effort to **look at the present moment** non-judgmentally and appreciate it...But it doesn't stop there. With time, meditation becomes **a profound skill** which through discipline and effort **nourishes positive emotions** such as joy, loving-kindness and compassion, and **allows calm, focus and understanding** to take place.



# Problems of the City



**Noise** : Lots of sounds anywhere and anytime, silence is a rare luxury that is difficult to obtain.

**Crowd** : Getting used to seeing so many unfamiliar faces everyday is a challenge.

**Rhythm** : Faster, faster, faster...people run from one thing to the next. It's hard to go against the current.

**Change** : Trends and lifestyles change more rapidly than previous generations, at an exponential rate.

**Influence**: When lots of vices are easily accessible in the city, it is easier to fall prey to them.



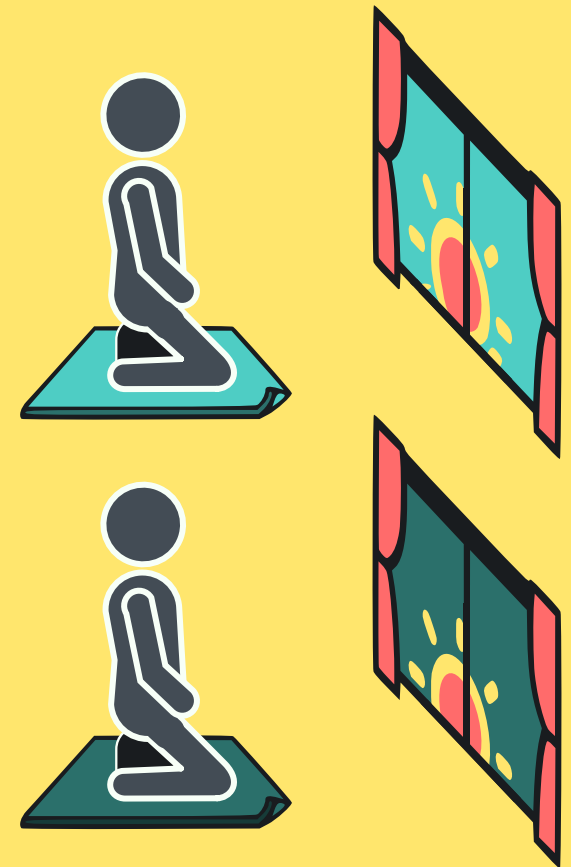
# Solution

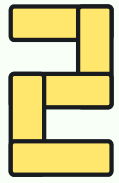


# 1

# Morning & Night

The best times to meditate are **at sunrise** and **at sunset**, where the rhythm of life is slower, sounds are gentler and there is a bigger opportunity for **some alone time**. It is also a great way to start the day by filling up with **energy and motivation**, and a great way to relax **before going to sleep**.

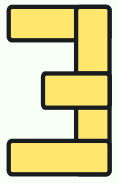




# Watch your Steps

Whenever you are **in movement**, refrain from following the current by taking the time to **walk slowly** without much effort. Use the **right side of stairs and escalators** and avoid running as much as possible. With time, you will find it easier to **go at your own rhythm**, and let the **crowd pass you by**.





# Focus on Sounds

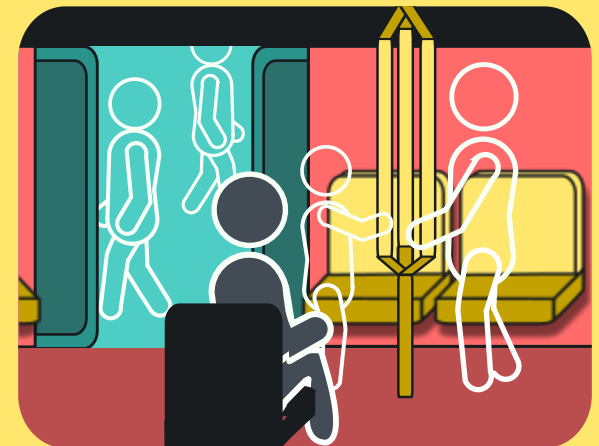
Finding a **silent place** to concentrate is **very difficult**, instead use the surrounding **sounds as your object** of meditation. Let every sound **come and go**, without clinging to them. That way, you can **practice more often** without being interrupted and use the **changing sounds** of the city at your advantage.



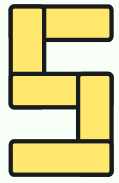
# 4

## Practice in Transit

**While in transit**, use that extra time to practice. When **in the car** you can focus on the car in front of you. When **in the train, subway or bus**, close your eyes and meditate **while waiting** for your destination. With practice, you will find your transits more **enjoyable, calming and energizing**.



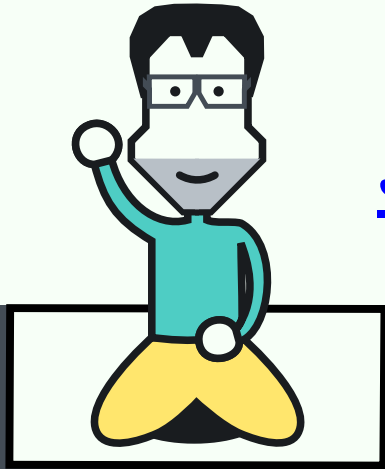




# Use daily Chores

Chores are **unavoidable, boring** and require **low concentration**. Use **dishes and laundry** to improve your practice by taking all your **time**, stay in the **present moment** and focus on your **bodily sensations**. Turn those chores into **opportunities** to practice and be more at peace.





# Join our Free Group

Practicing alone in the city can be especially **difficult**. Find a meditation group near your home to practice often with others. At **HeadPause**, we organize a **free meditation group**, every **Friday** from **6 to 7pm** at Caserne 18-30 near **Joliette station**. Click the **link above** for more information. **Have a great practice !**

