

how to meditate

- 1 Sitting half-lotus is recommended but any comfortable position will do.
- 2 close your eyes
- 3 take 3 deep breaths
- 4 breathe in, thinking of the word “in” as you breathe in. Then, think “out” as you breathe out.
- 5 continue breathing while labeling your breathes “in”, “out”, “in”, “out”.

via **Thich Nhat Hanh** & the Vipassana Dhura Society.

discover.

