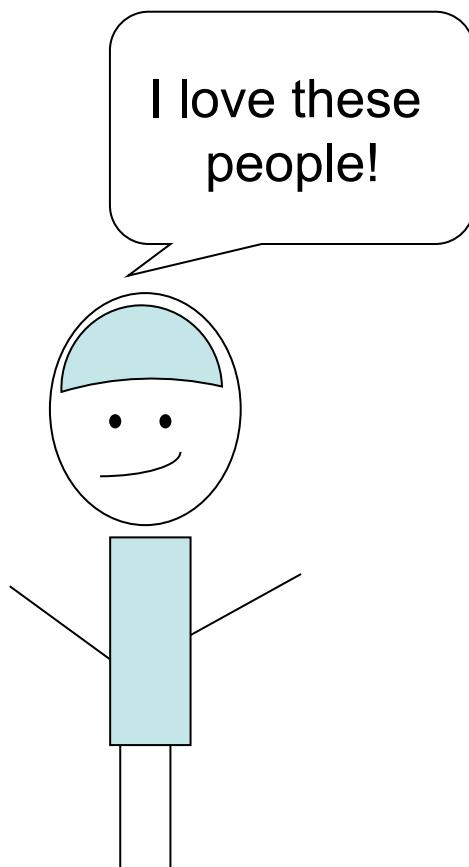


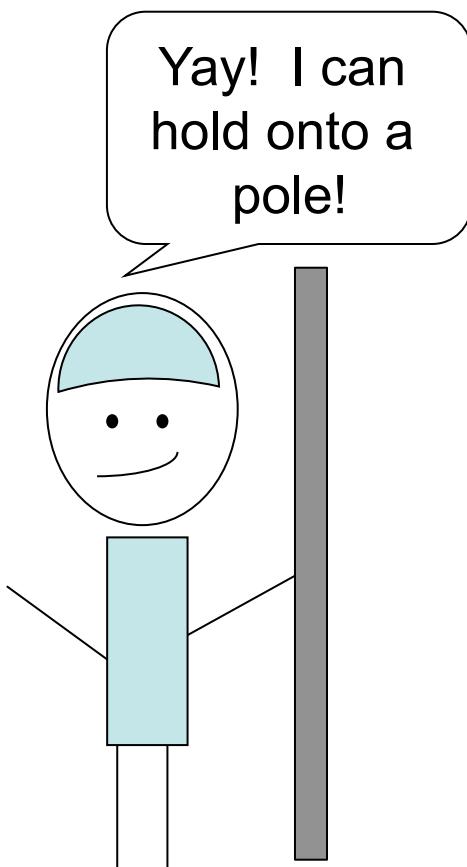
10
Things
You Need To
Know About
Meditating
on the
Subway

mimeograph
brooklyn, new york

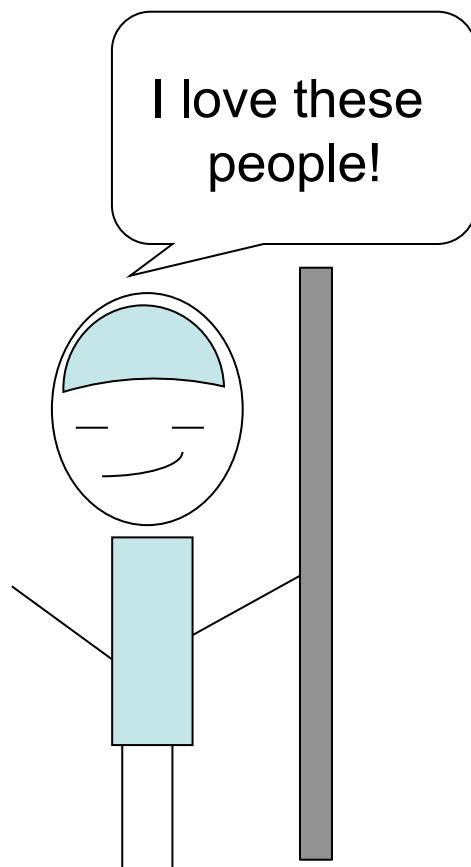
1. Board with compassion



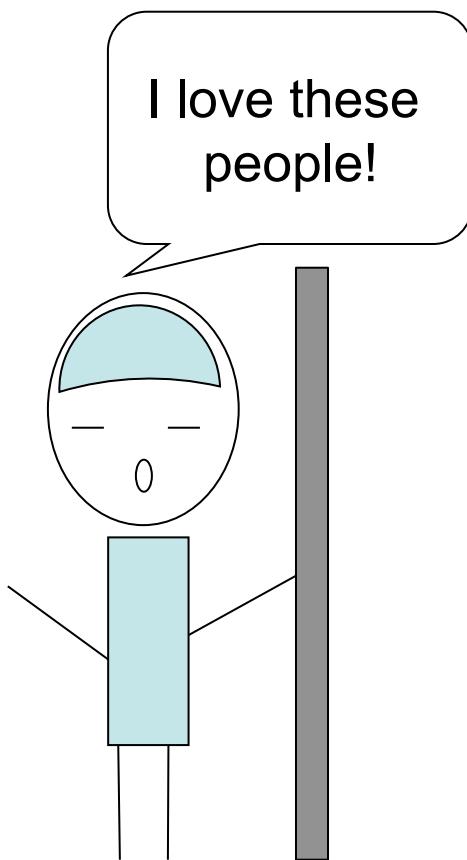
2. Find a seat or a stable place to stand



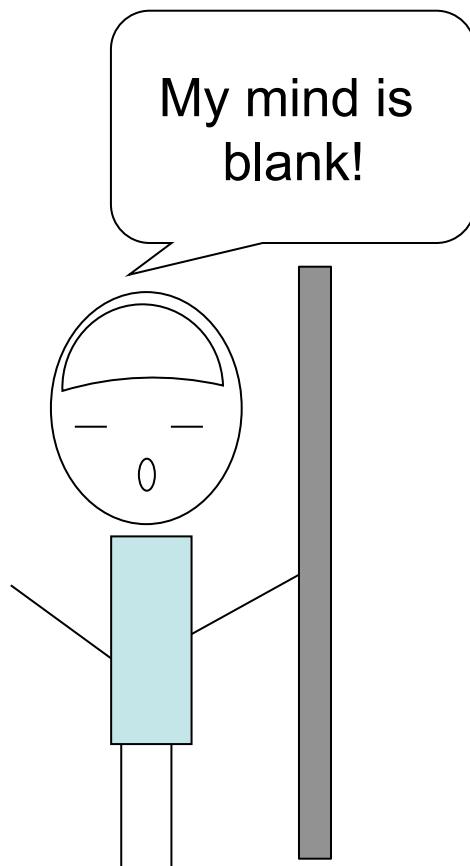
3. Close your eyes



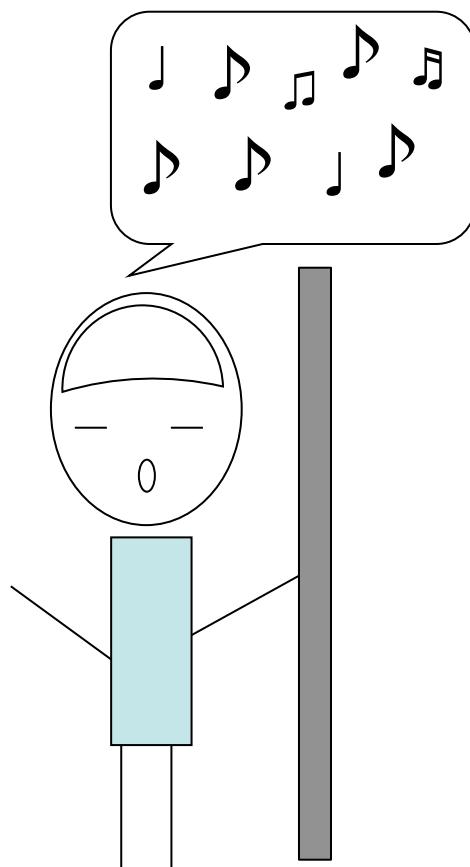
4. Breathe



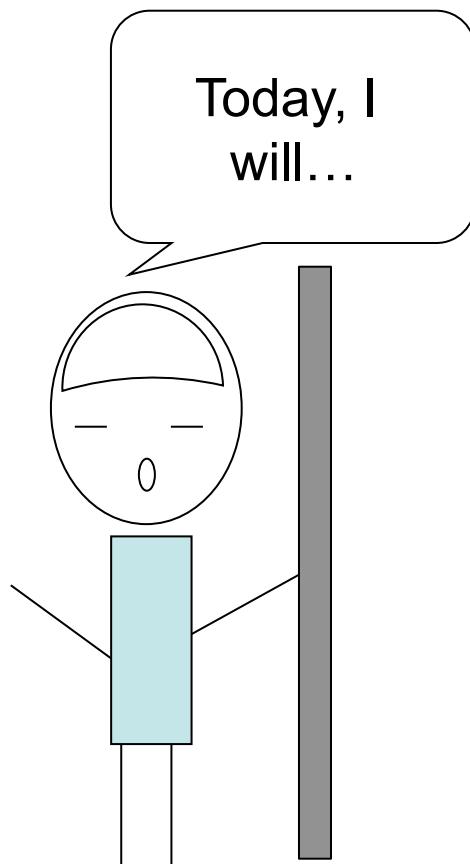
5. Let your mind wander



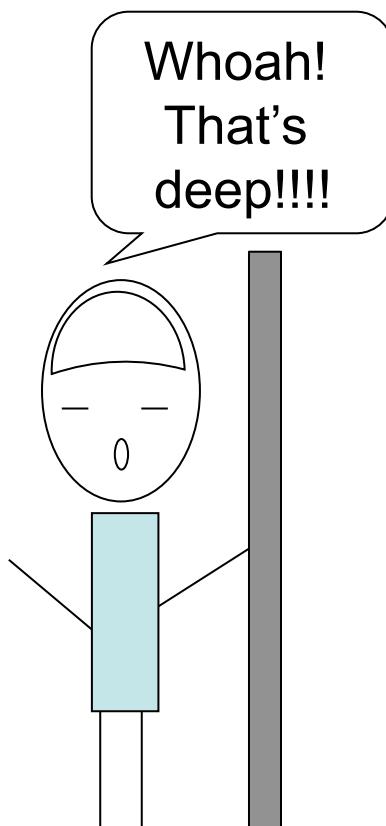
6. Listen to the sounds around you



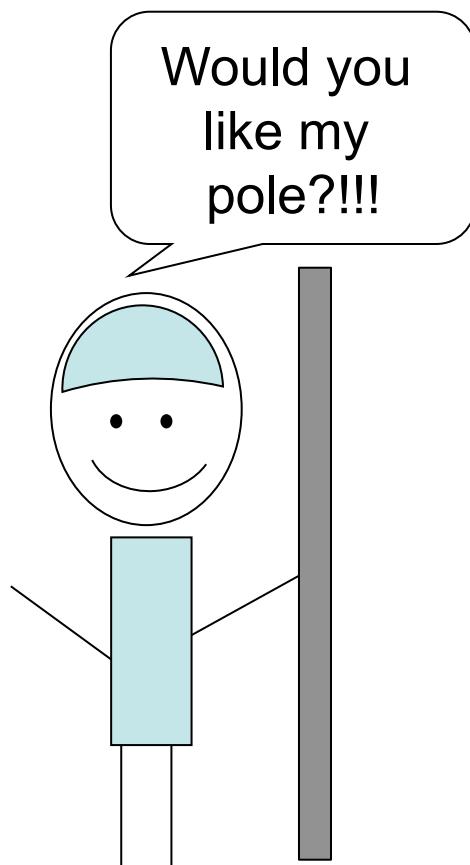
7. Set an intention for your trip/morning/day/evening



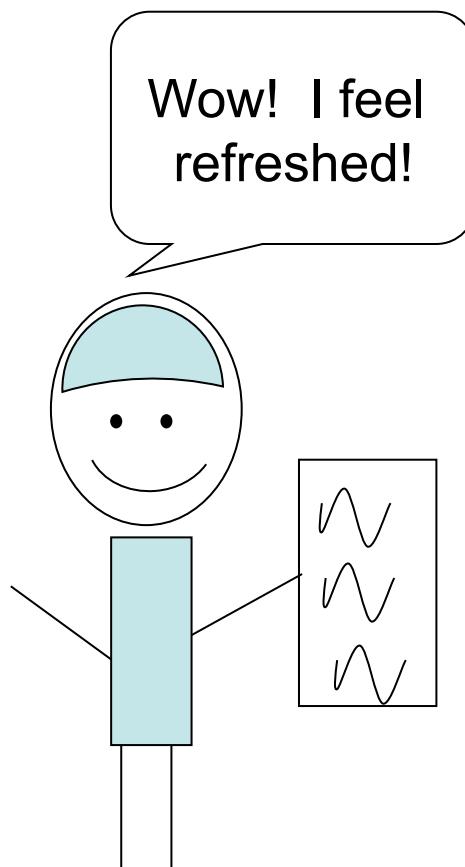
8. Experience what it
is like to hurtle
through space and
time knowing that you
will never be in these
exact coordinates
again



9. Open your eyes,
smile, and offer
someone your seat or
place to stand



10. Make a note of where your thoughts take you



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