

# My Meditation Cheat Sheet

For Improved Meditation Results

## Floor Sitting Posture

Ensure:

- Hips equal to, or higher than knees. Elevate your body with firm cushions to achieve this.
- Chest spread, shoulders back.
- Chin aligned.
- Back straight, pelvis tilted forward.
- If any pain in the knees occur elevate your hips higher than your knees. Support your knees with cushions if you are high off the ground.

Check out these videos for meditators choosing to sit on the floor:

- The One Rule of Meditation: <https://youtu.be/uRep6giNcv8>
- Posture in Meditation: <https://youtu.be/M3ENYYHU5g>

## Meditating in a Chair

Ensure:

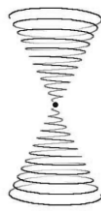
- Sit with your feet flat on the floor. Your knees should form a right angle. Sit forward on the chair with your back away from the back rest of the chair. Adjust the chair height if you need.
- Tilt your hips forward to help your chest open and roll out.
- Chest spread, shoulders back.
- Chin aligned.

By sitting on your spine rather than slumping, you will find the body will support itself naturally leading to a reduction in thinking, daydreaming, etc.

## Your Device

Ensure:

- Be clear what is your device and stick to it. You must have a good reason to change your device, or, be receiving instruction from someone with the prerequisite meditation skills.
- Breath
- Mantra
- Chakra



## A Meditation Timetable

On waking it is generally recommended using a simple timetable as shown below as your mind is still fresh from sleep and you have not yet been caught up in the activities of the day.

- Ablutions
- Exercise (yoga postures, run, walk, weights etc (optional))
- Shower
- Meditation. Decide length of meditation. Optimum is 40-45 mins however if you are just starting, begin with 5 minutes and build up from there.
- Breakfast

Before bed:

- Spend 5 minutes meditating sitting up with correct posture before getting into bed.
- Do not then switch on phones, Netflix, Youtube, social media etc.
- Let yourself spread out energetically as you fall asleep and your bed warms up. Reconnect with your meditation space as you spread.

