



My Meditation Cheatsheet

For improved meditation results ensure:

Correct Posture

- 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 occurs and/or your knees are higher than your hips, elevate your hips higher than your knees. Support your knees with cushions if you are high off the ground.

Your Device

- Be clear about what is your device is and stick to it.
- Breath
- Mantra
- Chakra
- Other

Meditation Timetable

On waking:

- 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 10 minutes and build up from there.
- Breakfast and begin your day.

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.