

Daily Practice

Patanjali's Yoga Sutra explains simply, in just 16 words, how to establish a practice:

Practice becomes firmly established by being continued for a long time without interruption and with devotion. 1.14

External Conditions for Meditation Practice

- ❖ **Choose good, quiet place**
- ❖ **Choose best time of the day**
- ❖ **Allow for prep time**
- ❖ **Use a timer**
- ❖ **Commit to the duration**
- ❖ **Keep a journal**

Internal Conditions (Attitudes and Intentions) for Meditation Practice

- ❖ **Create intention: commitment, devotion, heart**
- ❖ **There's no failure.**
Even with the mind running, you are meditating.
Just remember to add mantra and all your heart.
- ❖ **It's not detention. It's recess! It's an opening to the Bliss of your own Being. It doesn't come all at once – though it may; it comes bit by bit, with sustained practice, without interruption, with devotion. Enjoy your Self!**