

MEDITATION TIPS

CREATE A SPACE

Make your meditation space beautiful. Arrange it with objects that bring you inner peace (images of serenity/happiness, pictures of loved ones, pictures or statues of Buddhas, flowers, candles, incense, etc.). Try to meditate in the same space each time when possible.

ALLOW THE WISH TO ARISE NATURALLY

Meditation should be enjoyable and not another thing we cram into our busy schedules. Think about the benefits of meditation, namely how meditation is the cause of inner peace and how inner peace is the source of happiness. Contemplating this deeply, we will naturally arrive at a longing to meditate in order to experience deeper and deeper levels of inner peace. Then meditation will be joyful and authentic, not forced.

MAKE THE TIME

Some people like to start their day off with meditation in the morning, while others feel less rushed later in the day when they return home from work and finish other activities. Choose a time that makes sense for you. Be careful not to fall into the trap of thinking "I have no time to meditate." Set an intention the night before "I plan to meditate in the morning," or "I will attend meditation class tomorrow night at KMC-TX" to help motivate you to meditate regularly. We can all carve out 15-20 minutes a day if we strongly believe that meditation improves our lives.

DETOX FROM CONTENT

Don't check texts/emails/TV/newspapers/magazines etc. before meditating.

PLAN AHEAD

Decide your meditation in advance. What virtuous state of mind do you want to cultivate and sit with in meditation? Don't know where to begin? Start with any of the 21 Lamrim meditations presented by Geshe Kelsang Gyatso in The New Meditation Handbook.

PERSONALIZE

Make your meditations personal, not abstract. Have a personal project, something you want to improve, such as "I want to let go of anger."

DO IT FOR OTHERS

We send blessings to others when we dedicate our meditations to those we care about, including living beings we may not know personally who are suffering. When we meditate with a pure motivation of love or compassion on behalf of all living beings, our practice becomes very powerful with great meaning.

TAKE IT INTO YOUR DAY

Recall your meditation topic at regular intervals throughout the day. Ask yourself how you can practically apply the wisdom and insights you've gained through meditation in everyday life.



Kadampa Meditation
Center Texas

meditationintexas.org

“The purpose of meditation is to make our mind calm and peaceful.

If our mind is peaceful we will be free from worries and mental discomfort, and we will experience true happiness.”

- Venerable Geshe Kelsang Gyatso Rinpoche
The New Meditation Handbook

To Find A Local Kadampa Center
or Temple Near You, Please Visit

kadampa.org



info@meditationintexas.org
www.meditationintexas.org



Kadampa Meditation Center Texas
1875 Laws Street • Dallas, TX 75202 • 214-238-3331

KMC Texas is a 501(c)3 non-profit organization.