



IMPORTANT FACTORS FOR GETTING THE MOST OUT OF MEDITATION

Do's: The best time to meditate is an individual choice. Get to know your own body rhythms and meditate at the time of day when you feel the most drained.

Be as consistent as possible: Same time of day, same place

Consistency helps the body to adjust to the new behavior and maintain it over time and it is easier to notice the effects of the meditation and it will start to integrate itself into your own body rhythms.

However, meditate as often as you can fit it into your schedule even if it means being inconsistent. Better to do something than do nothing.

A basic rule of thumb for meditation is to meditate twice a day for 20 minutes each time. Most research that looks at meditation is measuring the effects of twice a day for 20 minutes. This seems to produce the best results over time,

It is, though, better to meditate for 5-10 minutes than to skip it altogether because you don't have 20 minutes available or you are in a different location. Once the body gets trained to a time of day location is less important.

Don'ts:

Do not meditate after a meal.

Do not meditate right before bedtime

Do not meditate lying down rather be seated in an upright position.