

# 7 guidelines for meditation

## 1 Try not to expect anything

Just sit back and see what happens. Treat the whole thing as an experiment, and take an interest, but don't pursue results. Don't try to learn; allow yourself to be taught by your own experience.

## 2 Don't strive

Don't force anything; there's no competition, no yardstick of success, and nothing to win. Meditation involves effort and work, yes, but not struggle. Let your effort be steady, gentle and relaxed.

## 3 Don't rush

There is no hurry, so take your time. Settle yourself to sit and *be here*, as though you have all the time in the world. Anything really valuable takes time. Be patient.

## 4 Accept without judgment

Learn to see that *everything* that happens in your mind when you are meditating is perfectly natural. Let it happen, and accommodate yourself to it. If good feelings or images arise, this is acceptable. If bad feelings or images arise, this is acceptable. Look on all of it as equivalent and normal. Don't fight with what you experience; just *notice* what you experience.

## 5 Don't analyze

There's nothing to figure out. Thinking won't free you; in meditation, the mind is purified by wordless, bare attention. Don't think; just see and notice.

## 6 Be gentle with yourself

Don't beat yourself up. You are not perfect, but you are all you have to work with, and it's enough. Becoming starts with the acceptance of who you are now. You'll do just fine.

## 7 Be present

Here, and in no other place; now, and at no other time. Tonight, make the commitment to be fully present in this room.