



MIT Facilitator Points:

Intro points for meditation

Background

When I lead a meditation I have a list with points on areas I like to cover, if accurate, at the beginning of meditation. The better set up a meditation is, the deeper and further people can go in meditation and the less problems you will encounter.

Check Points

- Body position: no need to sit in lotus position; however you do want to sit in a way that has you be alert, awake. You can sit on a chair, a pillow or the floor. Situate yourself in a way where your body or discomforts do not distract you. If at any point during meditation you want to move, please feel free to move or change your position.
- Be open: Let go of any expectations you might have; expectations are in the way of you having the experience that is waiting for you. A willingness to go wherever your meditation guides is a great starting point. Add some humility; I might not know where I go but I trust it is the right direction and I might need some help.

- Cannot do it right – Cannot do it wrong – You can trust your heart and your desire and where it guides you.
- If your mind is very active or busy...take a few minutes and just write down all thoughts till your mind feels relatively quiet.
- Let go of any concepts you might have about what you need to do, where you need to go or what should happen in your meditation...or even what meditation is.