



## How to Meditate like a Boss in Bliss

**1 One minute a day.** Sit for just one minute, but every day.

**2 Loosen Your Body.** When the body is tight and contracted, energy gets blocked. A tense body makes it hard to go within. Scan your body. If you find tension or rigidity, consciously squeeze and relax those muscles. Or start at your feet, tightening and relaxing in sections, all the way to your head. If needed, massage your head, your eyes, your shoulders.

**3 Sit Tall but Relax.** Sitting means you'll stay awake and observe the "Calm You," which is a way of Being. Let yourself fall into effortlessness. No work, no effort. No place to go, nothing to do. Nothing matters right now. Take a giant cleansing breath and release it with a sigh, letting your jaw drop open. Let everything go.

**4 Be Gentle and Easy.** Be as tender with yourself as you would be with a small child. That's the mind: a busy distracted child. Hold the hand of your inner child and return to the path. Stay soft. There's no wrong way to do this. We're just playing around.

**5 Focus.** Use the power of your attention. Your attention magnifies whatever it rests upon (including your chattering mind, so don't go there. Pretend that mind-chatter is an old radio droning in the background.) Now. Direct your attention to your chosen focus. Your focus might be imagery, sound, a mantra or a phrase, a candle flame, your own breath, the energy at your heart. Choose one focus and keep choosing it, to build Calm.

**6 Return** to your focus. Distraction comes and goes. It does not matter. The whole practice is to keep returning, deepening the Calm.

**7 Return again.** Return to Calm. Repetition hones your skill and takes you further into comfort.

Maintain a daily practice for 1 minute, 2 minutes, 5 minutes. Tasting peace each day builds this capacity for Calm within you. Your minutes may naturally grow into a longer time, but they don't have to.

The main thing is to taste and see how good this feels.

Soon you may find calm everywhere . . .