

1. **Mediation is a state of non-distraction.** While seemingly simple, if we really keep this in the forefront of our meditative mind while we're practicing, we can use this *one statement* as an anchor, returning repeatedly to a state of non-distraction whenever we find that we've become distracted.
2. **Meditation is a state where we aren't altering our mind with thoughts.** What this means is that meditation isn't time to take a break from our usual routine and start thinking about things. It's about *not doing what we're used to doing*, which is to constantly stir up our mind with new thoughts or elaborating previous thoughts. "I'm no good at this meditation stuff..." "How long have I been meditating..." "What's on TV tonight?"
3. **Meditation is not trying to push anything out of our awareness.** Meditation is *not about trying not to think!* I dare you, just *try not to think*. It can't be done. Instead, when meditating, we simply allow whatever has arisen to remain until it no longer does so. This doesn't mean that we try to have something arise, or perpetuate what has already arisen. It simply means that we don't exert any effort in trying to keep something out of our mind.
4. **Meditation is a process of gradually coming to know our mind.** Wow! What does that mean? Check it out; it means that we gradually come to know our mind when it isn't distracted, altered, or at war with what we "should" and "shouldn't" be thinking. (see #1-3 for more)
5. **Mediation is being able to remain present in the face of all that arises without wavering.** Kind of like #3, it means that whatever arises, whatever our senses perceive, whatever our mind thinks, we simply remain aware and present.
6. **Meditation is about finding our true nature, a nature that is always with us.** Like # 4, when we come to know our mind, the mind that is undistracted, unaltered, and uninvolved in the dynamic play of what arises, we come to find a nature that is boundless, unimpeded by the obstacles that we unintentionally throw in the way of clearing knowing our mind.
7. **Meditation is about moment-to-moment awareness.** Because we aren't distracted by whatever is arising within our mind based on thoughts, sensations, emotions, or our senses, we're able to remain present, in the moment, experiencing what is known as moment-to-moment awareness.
8. **Meditation is not something that we don't already have within our mind.** The important thing to remember is that even as you sit here, right now, reading this sentence, there is within your mind a "meditative mind," or meditative awareness that has always been present. This mind is not something "out there," that you have to find.
9. **Meditation is about "just being" without trying to "just be" anything.** That is, meditation is less about doing something than it is about being "in meditation." That is, being in the moment, without trying to be. This can sound confusing, even impossible. As we gain more experience in meditation, and find more stability in our mind, we find that we have to "do" less and are able to "be."
10. **Meditation is beyond all descriptions....**