



Here are ten handy tips on how not to give in to distraction while meditating. Feel free to add to this list, it's only a start.

1. When you find yourself to be distracted, see the very distraction as an invitation to return to your meditation practice.
2. Be spacious with your mind. When you find that you've become distracted, have a sense of "spacious humor," chuckle a little at your tendency to become distracted, and then return to your practice.
3. Don't take the distraction seriously. I mean, seriously, like you've never been distracted before? Just notice it, and then return to your practice.
4. When you become distracted, see the distraction as you would a wave rising in the ocean; momentary in its appearance, and then - without following it - allowing it to fall back into the mind from which it arose.
5. Just observe whatever comes to your mind. So, for instance, if a thought distracted you, just look at that one thought, without creating any more thoughts around it. Does it stay, or is it replaced by another thought? And then, just let it go and return to your practice.
6. Recognize your distraction as a habit, that's all. And then, return to your practice.
7. Feel grateful that at least you're noticing how distracted you can be, and then return to your practice.
8. When you find yourself distracted, *connect with the observer who noticed your distraction*. I can't overemphasize the importance of this point. The fact that you are able to notice that you're distracted tells you that *there's some part of you that is not distracted that is **aware***.
9. If you find yourself just too distracted to meditate, just drop whatever method you're using, and allow yourself to simply be.
10. Return to tip # 1, and start again!