

When and Where to Meditate



When should you meditate? Whenever you want to, anytime you want to.

It is a good idea to establish a routine, especially when you're first learning to meditate. Many find it best to meditate first thing in the morning and again just before bedtime. But choose a time that's good for you... lunchtime...bedtime...now? Whatever works for you.

Ideally, you should set aside 10 – 20 minutes, twice a day, to meditate.

As with any other new skill, Sahaja Meditation takes a little practice. More practice means greater benefits, more energy.

As with the when, the where is entirely up to you. We recommend a pleasant, well-lit, open environment that's relatively quiet, or at least free of disruptive noises. Choose a place to sit that's comfortable for you... a straight-back chair, the bed, the floor, on the grass, beside a cool mountain stream.