

Tips for Finding Quiet When You Meditate



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Put your phone on "do not disturb." (Texts/calls can disrupt meditation apps even when your phone is on silent.)



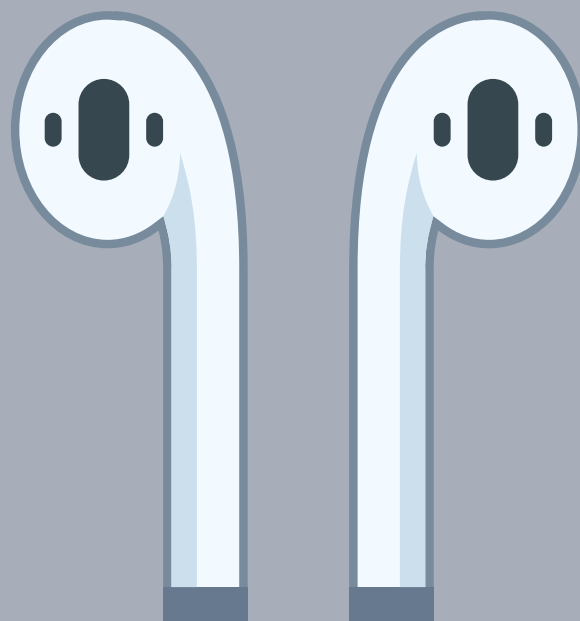
Schedule your sessions for times when you can avoid distractions.
(e.g. after kids' bedtime or a less busy time of day)



Try short increments of time.
Instead of 20 minutes, try a
couple 5 or 10-minute sessions.
(This can be a nice break or a
way to make use of minutes
between meetings.)



Use earbuds, white noise, ambient music, or guided meditations. (Many meditation apps have music/sound options with timers.)



When all else fails, accept what happens and be kind to yourself.
This is what the practice is all about.



Meditation is not about finding
quiet but cultivating it in
yourself.



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