

Setting Up a Meditation Session in Four Parts

1. *Preparation*

Breathing meditation or other method to calm and center the mind and eliminate distractions.

2. *Motivation*

Generate the highest, broadest, most altruistic purpose for the meditation session and for the day.

3. *Actual meditation*

Whatever meditation practice you have chosen for the session.

4. *Dedication*

Dedicate the positive energy generated and the positive results that will ensue from your practice for the benefit of all living beings everywhere.