



Your Daily Practice

Episode 4

How To Meditate And Why It Matters With Trudy Goodman

Step 1. Find a reputable meditation teacher or class. I recommend InsightLA, Mindful Heart Programs and Yoga Soup.

Step 2. Let yourself be a beginner at the beginning. Expect your mind to wander. Start with a shorter session to get into the hand of it. Try out a simple breathing meditation with me here.

Step 3. Make a flexible commitment. Try and make a routine out of it. Sit in the same place, at about the same time, in the same way each time you practice. Commit to a few days each week.

Step 4. Take your practice off the cushion and try out the “backwards step” when you notice yourself getting caught up in your experience. Take a step back, take a breath, and orient yourself to a broader perspective.