



BE.
HERE.
NOW.



Meditation has changed the lives of millions of people all over the world!

~ **WELCOME to the club and to a NEW YOU! ~**

At Inner Compass we're super passionate about meditation! For all of us, it was the beginning of a change that transformed our lives'. And now, we want to share that gift with you.

One question many beginning a meditation practice ask;
"Am I doing it right?"

There are literally hundreds of meditation techniques taught by a wide variety of traditions and institutions. So... it's difficult to do it "wrong." But the journey of meditation is all about finding the technique that suits you best. And that is why we are here. To guide you on the path to establish a routine that is perfect for YOU!!

THE MOST IMPORTANT THING ABOUT MEDITATION...

It isn't how long you meditate, but how frequently you do it!! A person who meditates for 5min each day will neurologically be leaps and bounds beyond someone that meditates for 2.5hrs (30days x 5min/day=2.5hrs) once per month.

The saying in neurology is; *"neurons that fire together, wire together."* Regardless of your spiritual opinions of meditation, it makes sound scientific sense. Essentially, our brains are designed to make what we did yesterday easier to do today. That's why it is easier to go for a workout today if you have been going each day for the past week and so hard to find the motivation to get moving again if you have had a few days, weeks, or months off.

GETTING STARTED

A great way to get started with a meditation practice at home is to carve out a time each day that you will have the ability to meditate 5-10min in peace and quiet. Set a goal to do this every day for one month.

RESOURCES

There is a fantastic FREE cell phone app called:

Insight Timer (Apple/Android)

It has guided meditations and programs for new and experienced meditators.

SUPPORT

In any life journey, support from your community is important. If you haven't gotten involved with a meditation group near your home we highly recommend doing so. While meditation is a bit of a solo sport, group encouragement plays a crucial role in development. Speak with your instructor for guidance on finding local groups.



UNDISTURBED CALMNESS OF MIND IS
ATTAINED BY CULTIVATING FRIENDLINESS
TOWARD THE HAPPY, COMPASSION FOR THE
UNHAPPY, DELIGHT IN THE VIRTUOUS, AND
INDIFFERENCE TOWARD THE WICKED."

~ PATAÑJALI

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