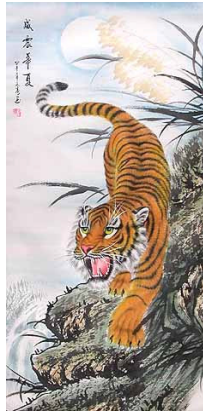


# HOW TO SIT



Instructions  
On  
Meditation

Daily  
Meditation  
Journal

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## INTRODUCTION

The reason for this journal is two fold.

First and foremost, it helps to have a tactile representation of the progress that you have made in your practice, and to note your commitment to the practice.

Second, it gives you a guide to practice by. Though I have written a couple of books that might be supportive of your practice, they are by and large, just more information. And one thing that I am certain of, more information usually is not supportive of a physical practice.

The only thing that supports a physical practice, is . . . . .

*Practice!*

You can read all of the books that you want about riding a bicycle, but nothing beats actually riding a bicycle,

Especially if you are planning on being a professional bicycle rider!

Just ask either Greg Lemond or Lance Armstrong.

I guarantee that they have put in a LOT of practice!

So with that in mind, and realizing that you will not be winning the *Tour De Meditation* in your first sitting experience, we have to be willing to spend some time '*on the cushion*' for results to arise.

The real test, or the proof, will be in your direct experience of the practice of mediation. This journal will support you in beginning your experience and creating the foundation of a meditation practice that will most likely, change your life, or at least the results that you have been creating.

As this book is meant to be an accompaniment to the two meditation editions that I have already written, I encourage you to read both '*Contemplative Meta-Physical Healing*' and '*How to Sit, Instructions on Meditation*', prior to using this journal.

After reading both of those books several times, and committing to a practice of meditation for the benefits that entails, this journal will support you in building your sitting practice, one day at a time.

And just like the motto of Alcoholics Anonymous,

IT WORKS IF YOU WORK IT!

Blessing on the Path of Meditation

Niall Tenzin Gyurme

































































Congratulations!

You have just completing your first year of meditation!

Whether you completed it sequentially, as in chronologically, daily, or you completed 365 days of meditation spaced over a longer period; you have still accomplished a great deal.

The beginnings of an addiction are now arising within you, and you can call yourself the *Meditated, not the Medicated!*

And that is a club that will lead to profound realizations, and benefits on this path we call life.

May many auspicious signs arise in all of your practices.

Peace and Blessings

Niall

