

# THE CIRCULAR ROAD TO MEDITATIVE PEACE

If you think your meditation practice is going around in circles, you could be correct!

Welcome more peace and happiness into your life by contemplating the circular aspects of mindfulness.

# THE ABSENCE OF BEGINNINGS AND ENDINGS IN MEDITATION

If you're trying to remember when you started meditating, consider this. You've been thinking and breathing for your entire life. **Accept meditation as natural.** It's something you already know how to do. Practice just makes you better.

Meditation lacks any finish line. You can dig deeper. You'll probably return to the same ideas and dilemmas over and over. Each time you'll see them in a new way.

Recognize the fundamentals.

Let go of expectations.

Set your own schedule.

Come back anytime.

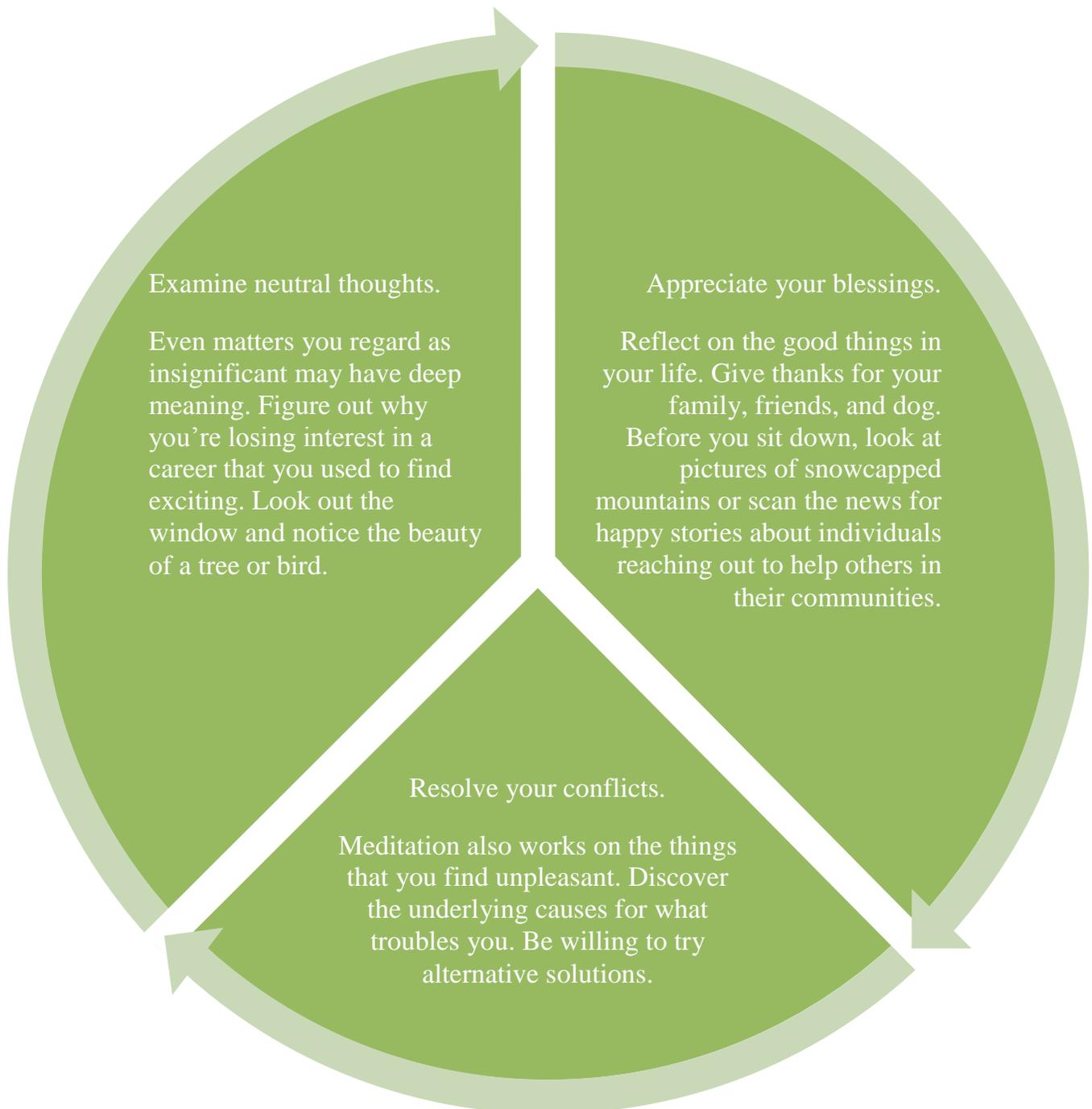
Be free from all delays and deadlines. Proceed at your own pace.

***Sometimes you may want to set a timer to ensure you meditate for at least 10 minutes, but other times you may want to adjust depending on how long your concentration lasts.***

Even experienced meditators have been known to lapse.

Life events, such as changing jobs or having a baby, can consume all your hours. It's good to know that meditation is a practice where you can pick up where you left off.

# THE ALL ENCOMPASSING NATURE OF MEDITATION



## MEDITATION AS A PROTECTIVE CIRCLE



# MEDITATION AND YOUR SOCIAL CIRCLE



It's okay to spin your wheels sometimes. ***Meditation is a well-rounded practice that can smooth away sharp edges.*** Relax and enjoy more bliss.