



The 5 Suggestions of the Mindfulness Meditation Practice

Our experience has shown that we can make significant progress in our spiritual development through mindfulness meditation. Here is a formula we've found to help meditators get the most from their practice:

- 1) Practice sitting and writing meditation daily.
- 2) Attend at least 1 meditation meeting per week.
- 3) Find a meditation sponsor who can guide you through the practice.
- 4) Work the 12 Steps of the Mindfulness Meditation Practice.
- 5) Get involved in your meditation group.

These suggestions are designed to connect us with the 3 main sources of our spiritual nourishment:

- 1) The Group
- 2) The Spiritual Principles, and
- 3) Our True Nature

They will ensure that you keep making steady progress, no matter how long you've been meditating.