

## Attitude While Meditating

- We do not judge the experience - we just observe.
- We are not trying to achieve anything.
- We accept whatever may come.
- We are patient.
- We have faith that with time, the changes will be noticeable.
- We are open and curious.
- We let go of thoughts, impulses and feelings.
- We treat our-self like a good friend
- We do not react.