



# Meditation

This sounds like the easiest thing in the world to do, close your eyes and think of nothing! There are a lot of myths about meditating, it does not involve emptying the mind as a lot of people think. It is not about zoning out in a trance.

It is never easy to explain how to meditate but below there is a link to a Thai Buddhist monk who explains in a great way how to improve or even start meditating correctly. The website is full of useful resources and you can even get an app for your phone, I had a phone!

Some of the group attended the Buddhist Centre at Pocklington for a guided meditation of 15 minutes, this monk helps you go even further.

Enjoy.

**Recommended viewing:**

<https://www.youtube.com/watch?v=kkLKRz4jBYY>

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