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Practical Tips for Cultivating a Regular Meditation Practice

By Baruti KMT-Sisouvong, PhD

Make It Easy to Begin

The mind resists what feels complicated. Start with an approach that is effortless and enjoyable. Transcendental Meditation (TM), for example, is practiced twice daily for 20 minutes while sitting comfortably with eyes closed. Choose a time and place that feels natural, rather than forced. Morning and early evening are ideal, but any consistent rhythm is more important than the “perfect” slot.

Honor the Practice as a Ritual

Ritual anchors the sacred. By lighting a candle, preparing a quiet space, or simply offering a few words of gratitude before each session, you signal to the nervous system: this is important. Over time, this ritual becomes a doorway—a reminder that you are returning to yourself.

Accept the Mind’s Movement

Many people abandon meditation because they believe the goal is to “stop thinking.” This is a misconception. Thought activity is a natural part of the meditative process. TM, in particular, works by allowing the mind to settle inward with the movement of thought—not against it. When the mind drifts, gently return to the mantra or point of focus without judgment.

Be Gentle with Consistency

Consistency is built through kindness, not pressure. If you miss a session, simply begin again. The benefits of meditation compound over time, much like nourishing a seed: water it regularly, and the roots grow deeper. You may not notice change on the surface immediately, but transformation is unfolding.

Track the Subtle Benefits

Pay attention to the quiet shifts: clearer thinking, improved sleep, more patience, a softening of anxiety. Write these down. Meditation strengthens the prefrontal cortex, balances the amygdala, and encourages whole-brain coherence. When you document your experience—even briefly—it reinforces your commitment and reveals the inner evolution taking place.

Connect with a Community

Practicing alone is powerful. Practicing within a community is transformative. Attend group meditations, workshops, or refresher sessions when possible. In the shared field of silence, we find strength. Even the simple act of knowing others are on the same path cultivates momentum.

Let Meditation Be the Foundation, Not the Fix

Meditation is not about escaping life's challenges—it's about meeting them with greater awareness and adaptability. With regular practice, you'll find you respond rather than react. You create rather than merely cope. Let your meditation practice be the still axis around which the wheel of life can spin.

Remember Why You Started

When motivation wanes, return to your "why." Perhaps you began meditating for health reasons, clarity, or a deeper spiritual longing. That original impulse contains wisdom. Revisit it, refine it, and let it continue to evolve as you do.

Final Thought

Cultivating a regular meditation practice is less about discipline and more about devotion. It's a devotion to your own becoming—to returning again and again to the source of calm, clarity, and creativity within. And as you nourish your inner world, you become a steady light in the outer one. Enjoy!!

To learn more about Transcendental Meditation, visit: <https://www.tm.org>.

Dr. Baruti KMT-Sisouvong, along with his wife, Mina, serves as Director of the Transcendental Meditation Program in Cambridge and the larger area of Metropolitan Boston. They are parents to four beautiful children. To learn more about him, visit his website: <https://www.barutikmtsisouvong.com/>.