



Baabuchi Meditation Checklist

STAY AT THE TOP OF YOUR KINGDOM

No matter where you live, what you are doing at this present moment, you can make time to meditate. Meditation is not limited to religion or form. Singing, yoga, and dance, are all forms of meditation. In the beginning, it is hard to dedicate time to meditation if you lead a busy life. When we meditate together or alone just have these 3 things and we will it work:

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Quietness

meditation can occur anywhere! That is right, all you need is a corner, preferably away from people so that you can focus on yourself. You can go to your car, bed, breakroom, or even the shower. Do not limit yourself, get creative!

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Quietness at work(cont'd)

Perfect! You are at work, and you probably don't want to be there unless you love your job. If you do then even better; find a quiet place preferably the breakroom. If you can step outside the work building to realign with your natural forces.

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MYSELF

You are the anchor of your own ship only you can control what forces can affect you. Show up for yourself when you need yourself the most. Why search for the answers for your problems outside when you know the answer was inside all along.

Say to yourself "I Am the change." and you will become it.

-Baabuchi