

## Frequently asked questions about The One Minute Meditation and The Stillness Experiment

1) I keep forgetting to stop and take one minute. What is the best way to remember?

Here is a list of some of the tools you can use depending on whether you are at your desk or moving about during your day.

### Tools for remembering if in front of a computer:

- Mindfulness bell: <http://www.mindfulnessdc.org/bell/index.html> - free chime you can set to go every 60 minutes and forget
- Daymate software: <http://www.crystaloffice.com/daymate/> - free 30 day trial, use only for scheduling OMM every hour – nice sound
- Office Outlook – it may be difficult to schedule this for every hour if you use Outlook for other things as well or you may need to reset every hour – the other options above work better for me

### Tools for remembering if you are away from your computer

- Schedule reminder on your phone for every hour – varies with phone
- Get a watch that vibrates and set it for every hour – do online search, Casio makes some for as little as \$30

2) How will I get the best results?

This will vary from person to person but the best results have been seen by people who do the OMM slowly, do the 6 minute meditation (or another longer mediation first thing in the morning) and then do the OMM 3-5 or more times per day. But don't let that deter you. Whatever you are able to do is better than nothing at all and will produce some results.

3) Why do I feel chaotic or nauseous when doing the eye scan?

This is typically because you are doing it too fast. Everyone has their own pace that works for their body. For some the guided meditation that I do works perfectly, others need it to be slower. Keep slowing it down until it feels right for you. One way to slow it down is to focus to the left, come back to center and then go to the right.

4) Why do I need to do the OMM slowly?

It is my understanding that when you do the eye scan slowly it can actually install a sense of calm; whereas if you do it quickly, it can access information in the brain and start processing old subconscious thoughts. That is not a bad thing and can and has actually led to breakthroughs for people but be aware that it can be uncomfortable and take responsibility for your own well-being. If you want support in breaking through old beliefs and patterns we have other [tools](#) and [coaches](#) who can support you in that.

5) Why does it feel uncomfortable when I do the eye scan?

That depends. You may be stretching your eyes too far to the left and right. Bring in the dot to a more comfortable space and see if that works for you. You do not have to stretch your eyes for it to work.

6) Should my eyes actually move when I focus on the dots? Yes, your eyes will naturally

move to look at the dot. Again, if it is uncomfortable bring the dots in and or slow down the movement.