

# Meditation for the Spazzes & Wigglers

by Thayer

I'm a special ed school teacher in my 50s. My adult ADD isn't a blessing or a curse, it's just a different way my mind works. But sometimes I offend people without realizing I've done so. I'm also a meditator.

As to meditating, I would say, "Don't be so hard on yourself!" And, "Don't say you can't." Because you can. Start with 10 seconds. Work up to a minute. And "YES, it's hard, but if you stick it out, you will see results". What results? Slower to anger, more self control, less anxiety, better sleep, less impulsive in what you say and do.

I do feel like the fat woman at the gym; I may be having the hardest time, BUT I'm getting the most benefit.

