



# MEDITATION

## What is Meditation?

Meditation is any activity that keeps the attention pleasantly anchored in the present moment.

## Process of Meditation

1. Choose a quiet spot where you will not be disturbed by other people, house pets or by telephone.
2. Sit in a comfortable position.
3. Close your eyes.
4. Relax your muscles using head to toe progressive relaxation technique.
5. Become aware of your breathing, inhalations and exhalations, without attempting to control it.
6. Repeat the “focus word/phrase” silently in sync with your breathing for anchoring. The “focus” can be number counting, vowel sounds “Om, mmm, nn,” or words such as “love, peace, let go, time for me”, or phrases which correlates with in breath “Dear God”, and out breath “I surrender to your grace”.
7. Don’t worry if your mind wanders away, simply bring it back. Don’t judge meditation as performance.
8. Practice at least once a day for 10-20 minutes.

## Benefits of meditation

Meditation generates a state of inner relaxation and peace. By quieting the mind, the body’s own inner wisdom can be heard, and our essential core which is already peaceful and whole, can be observed and appreciated. Meditation is very helpful in reducing anxiety, depression, insomnia, body aches and pain, and chronic health and emotional issues. However, seeking medical attention is always an integral part of healing.

## Keep a log of your meditation practice

The best time for meditation is early morning, before meals, and at bedtime.

Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun

Signature: \_\_\_\_\_

Date: \_\_\_\_\_