



## RELAX THROUGH MINDFUL MEDITATION

Meditation nourishes the spirit, and there are many ways to meditate

During meditation we achieve a state of physical and mental relaxation

Our body is settled into a comfortable and relaxed position

Our mind actively and consciously focuses on one single thing – our breathing, or a sound such as “om”, or a mental picture such as the word “one” or a rose in bloom

Our mind tends to wander and chatter, so it is necessary to have a focus point in order to bring it gently back to a state of mental relaxation

During meditation we are in the here and now

We let go of any tensions or worries that were influencing our thoughts or body before we sat down to meditate

With a relaxed body and a quiet mind, we dwell in the here and now ... the ultimate reality of goodness

As we meditate we are not “doing” – we are “being”

We do not think in sentences because words, even in thought form, are actions

We are feeling a sense of peace beyond understanding, in the here and now

During meditation we create an open channel to nurture our spirit

During meditation we receive peace and light from a greater power – whether that power be from outside of our self, or from within our self

We become strengthened spiritually to maintain the balance of “I Am” – our body and mind and spirit and so that the whole of us becomes stronger and happier

Settle into a comfortable position

Feet on the floor, not crossed; arms at your sides or in your lap; head facing forward and balanced comfortably over your shoulders; close your eyes, and relax each muscle group

Take long, slow deep breaths

As you breathe in, imagine you are inviting divine peace and love and light to enter your being

As you breathe out, imagine you are sending away all dense feelings of doubt or worry

Let them go ... they have no effect on you during this time of the here and now

Continue slow controlled breathing and continue to exchange the dense for the light

If words come into your mind, cast them out by focusing again on your breathing