



MEDITATION IN 6 STEPS

1

Choose your mantra: A mantra is a statement or slogan which you will repeat frequently. Choose something positive!

2

Find a comfortable place to sit. Sit up straight and place your hands in a comfortable position

3

Prepare yourself: Gently close your eyes and slowly take some deep breaths

4

Begin: Begin by repeating your mantra silently to yourself without moving your tongue or lips

5

Stay focused: Do not try to stop your thoughts or empty your mind. Allow your thoughts to come to you. Continue repeating your mantra and taking deep breaths

6

End your meditation: When you are ready, stop repeating the mantra and slowly open your eyes. Be thankful for this reflective opportunity and write down any insights that come to you