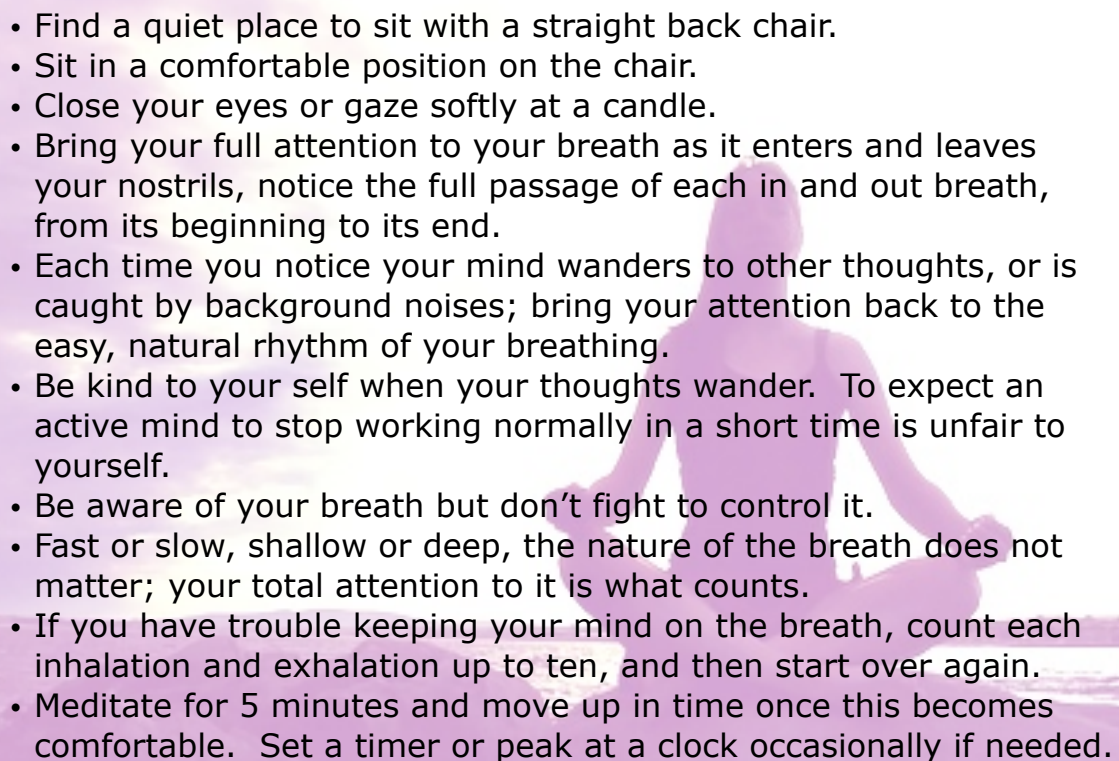


symmetries

Learning to Meditate

Mediation has a reputation of being difficult and time consuming. The key to learning to mediate is to be kind to your self and start simple.

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- Find a quiet place to sit with a straight back chair.
 - Sit in a comfortable position on the chair.
 - Close your eyes or gaze softly at a candle.
 - Bring your full attention to your breath as it enters and leaves your nostrils, notice the full passage of each in and out breath, from its beginning to its end.
 - Each time you notice your mind wanders to other thoughts, or is caught by background noises; bring your attention back to the easy, natural rhythm of your breathing.
 - Be kind to your self when your thoughts wander. To expect an active mind to stop working normally in a short time is unfair to yourself.
 - Be aware of your breath but don't fight to control it.
 - Fast or slow, shallow or deep, the nature of the breath does not matter; your total attention to it is what counts.
 - If you have trouble keeping your mind on the breath, count each inhalation and exhalation up to ten, and then start over again.
 - Meditate for 5 minutes and move up in time once this becomes comfortable. Set a timer or peak at a clock occasionally if needed.

By starting slow and being kind to yourself meditation doesn't need to be an overwhelming or daunting task. Meditation will allow you to manage your thoughts and turn the key to live with passion.

For other tips on meditation, visualization, or guided daydreaming email or call Michelle today.