

Meditation Technique

Meditation is the process of “de-cluttering” your mind to free yourself from thoughts that interfere with clear thinking. By nature, meditation is thought-free; it is a process of becoming one with the moment.

- Find a quiet place and be seated.
- Close your eyes and imagine yourself in your favorite, most peaceful setting.
- Relax your muscles. Start with neck and shoulders, then move on to arms, torso, legs, and feet. Do one area of the body at a time.
- Focus on your breathing. Concentrate on the breath coming in and going out.
- Stay in the moment and try to reject intrusive thoughts.

