



Summary of the Steps to Meditation.

- 1- Take 10 deep slow abdominal breaths counting mentally from 10 to 1. Start again if you forget where you are.
 - 2- While breathing, focus your attention in the body. Scan it from the toes all the way up to the head. Relax every part of the body you are not using to hold the posture still and steady. Autosuggestion: imagine a huge mountain. And notice how still and steady the mountain is. Bring the sense of steadiness to your body and repeat mentally “my body is still and steady like a mountain. Nothing can move me.”
 - 3- Focus your attention on deep abdominal breath. Make the breath as silent and gentle as possible. Autosuggestion: “The breath is as still and silent as an ocean with no waves.”
 - 4- Focus your attention in between the eyebrows (if you are more intellectual) or heart center (if you are more emotional). Let the mind rest in the place you choose.
 - 5- Repeat the mantra Om coordinating it with the breath.
 - 6- If the mind wanders away, gently bring it back to focus.
1. If you don't have a personalized Manta you can use: Om, faith, love, abba, father, Jesus, Lord Jesus Christ have mercy on me, OM Mani Padmi Hum...etc. It is recommended that once you chose a mantra you don't change it.

Additional Resources:

- Positive Thinking and Meditation
<http://www.sivananda.org/teachings/meditation/meditation.html>
- Relaxation response- Harvard University:
<http://www.relaxationresponse.org/howto.htm>
- Centering prayer- Christian Meditation
<http://www.centeringprayer.com/>