

# Learning how to meditate

Learning how to meditate is as easy as breathing deeply. You may already know that meditation can help improve the quality of your life.

Here are a few tips to help you get the most from your meditation time.

1. Find a time when you will not be disturbed by family or friends. Sit upright in a straight-back chair.
2. Relax your body, especially your facial muscles, close your eyes gently and allow your face to relax into a half smile.
3. Be aware of your breathing, follow your breath as you inhale and exhale slowly and deeply.
4. Choose a word or symbol which expresses your intention to consent to God's presence and action in your life.
5. Recite the sacred word gently as you breath.
6. Whenever your mind begins to wonder, return to the sacred word as you re-center yourself.
7. Continue your meditation for approximately 20 minutes, or longer if you feel so inclined.
8. At the end of your meditation period, sit in silence for a few minutes.