

Meditation Moment How-To

5 STEPS FOR A MEANINGFUL 5-MINUTE MEDITATION FROM
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Find a comfortable location away from distractions (e.g., a room at home, your car, your office).

Establish a sense of comfort; grab headphones, dim or turn off the lights, adjust the temperature or add/remove clothing as appropriate. Set a timer when you are ready!



Enjoy the silence or music until 5 minutes is up. Another option is to choose a phrase or sentence to concentrate on during your meditation.

Complete a brief body scan. Draw your awareness to the top of your forehead. Imagine a scanner going down your body. Release all points of tension you notice.

Soften or close your eyes; begin to connect with Prana (your breath). You may find a breathing pattern to maintain (e.g., 5-second inhale, hold, 5-second exhale, hold).

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