

## **Meditate** – Calm the mind

The goal is to quiet the mind. You may not be aware that your mind is always thinking and processing. You want to learn to control your mind instead of it controlling you. Be aware that there is always a “voice” in your head. Let’s call it noise. To release the noise and quiet the mind, practice the following:

- Set aside time to practice.
- Find a quiet place and play gentle music or nature sounds unless you prefer no sounds at all.
- Allow your thoughts to wonder at random. You do not place thoughts in your mind. If you catch yourself processing the thoughts, let it go and release all thoughts.
- It may help to picture a white wall or screen where reflections can occur at random.
- Avoid focusing on anything. You may find it helpful to be aware of your breathing. Don’t focus on it, don’t change it, just be aware.
- This can be as short as a few minutes or as long as you wish.
- The more you practice the easier it becomes.
- With practice, whenever you feel negative energy, anxious, depressed, or any other emotion you do not wish to experience at the moment, you can learn to go into your quiet place for as little as 60 seconds and get back to a calm mental state.

