

ONE DAY AT A TIME

MEDITATION

MEDITATION CAN WIPE AWAY THE DAY'S STRESS, BRINGING WITH IT INNER PEACE. YOU CAN EASILY LEARN TO PRACTICE (AS I HAVE) MEDITATION WHENEVER YOU NEED IT MOST. IF STRESS HAS YOU ANXIOUS, TENSE AND WORRIED, CONSIDER TRYING MEDITATION. SPENDING EVEN JUST A FEW MINUTES IN MEDITATION CAN RESTORE CALM AND INNER PEACE. MEDITATION HAS BEEN PRACTICED FOR 1,000'S OF YEARS. MEDITATION WAS MEANT TO HELP DEEPEN UNDERSTANDING OF THE SACRED AND MYSTICAL FORCES OF LIFE. THESE DAYS, MEDITATION IS COMMONLY USED FOR RELAXATION AND STRESS REDUCTION, (AND IT WORKS). **ANYONE** CAN PRACTICE MEDITATION. IT'S SIMPLE AND INEXPENSIVE, AND IT DOESN'T REQUIRE ANY SPECIAL EQUIPMENT. **YOU** CAN PRACTICE MEDITATION **WHEREVER** YOU ARE – OUT WALKING, WAITING IN A DOCTOR'S OFFICE OR EVEN RIDING IN YOUR WHEELCHAIR OR SCOOTER.

MEDITATION IS A TYPE OF MIND-BODY COMPLEMENTARY MEDICINE, WHICH PRODUCES A DEEP STATE OF RELAXATION AND A TRANQUIL MIND. YOU FOCUS YOUR ATTENTION AND ELIMINATE THE STREAM OF JUMBLED THOUGHTS THAT MAY BE CROWDING YOUR MIND AND CAUSING STRESS. THIS PROCESS RESULTS IN ENHANCED PHYSICAL AND EMOTIONAL WELL-BEING. MEDITATION CAN GIVE YOU A SENSE OF CALM, PEACE AND BALANCE THAT BENEFITS BOTH YOUR OVERALL HEALTH AND YOUR EMOTIONAL WELL-BEING. MEDITATION CAN HELP CARRY YOU MORE CALMLY THROUGH YOUR DAY AND IMPROVE CERTAIN MEDICAL CONDITIONS. **THIS I KNOW FOR SURE, BELIEVE ME!**

MANY HEALTHY PEOPLE USE MEDITATION AS A WAY TO RELAX THE BODY AND REDUCE STRESS. IT MIGHT ALSO BE USEFUL IF YOU HAVE A MEDICAL CONDITION, ESPECIALLY ONE THAT IS WORSENERD BY STRESS.

PRAYER IS THE BEST KNOWN AND MOST WIDELY PRACTICED EXAMPLE OF MEDITATION. SPOKEN AND WRITTEN PRAYERS ARE FOUND IN MOST FAITH TRADITIONS. YOU CAN PRAY USING YOUR OWN WORDS OR PRAYERS WRITTEN BY OTHERS. FOCUS YOUR LOVE AND GRATITUDE.

EXPERIMENT AND YOU'LL FIND OUT WHAT WORKS BEST FOR YOU. **REMEMBER–THERE'S NO RIGHT WAY OR WRONG WAY TO MEDITATE.**