



## ***Stress: Meditation***

***Meditation*** is “consciously directing your attention to alter your state of consciousness.” It is simply about attention... where you direct it, and how it alters your consciousness.

### ***Uses of Meditation***

- Relaxation Manifesting change
- Stress Relief Developing intuition
- Healing Unlocking creativity
- Emotional cleansing & balancing Finding inner guidance
- Deepening concentration & insight

### ***Guidelines for Meditation***

1. Put your expectations aside, and don't worry about doing it right. There are infinite possibilities and no fixed criterion for determining right meditation. There are, however, a few things to avoid.

They are:

- Trying to force something to happen
- Over-analyzing the meditation
- Trying to make your mind blank or chase thoughts away
- Putting too much emphasis on doing it right

2. It's not necessary to meditate on a completely empty stomach. If you're hungry, eat a little something.

3. Find a quiet, comfortable place to meditate.

4. Eliminate as much noise and as many potential distractions as possible. Don't worry about those things that you cannot control.

5. When you sit to meditate, sit comfortably, with your spine reasonably straight. This allows the spiritual energy to flow freely up the spine, which is an important aspect of meditation. If, for physical reasons, you can't sit up, lay flat on your back.

6. Place your hands in any position that is comfortable.

7. Breathe. Let your thoughts come and go. So much of our time is not spent in quiet solitude. Enjoy this space.

***Source: [www.asc.dso.iastate.edu](http://www.asc.dso.iastate.edu)***