

## **Meditation Technique**

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*Step 1:* Find a quiet place where you will not be disturbed.

*Step 2:* Set a timer with a soft bell for the desired length of the meditation session.

*Step 3:* Sit up straight on the floor with legs crossed in a lotus position, or on a chair with your feet firmly on the ground.

*Step 4:* Slowly relax your muscles.

*Step 5:* Close your eyes and breathe slowly in a regular rhythm. If a beginner, start by counting breaths. If more advanced, focus on blank space or chant.

*Step 6:* Repeat this process, breathing slowly and naturally. Breathe each breath slightly deeper, and hold each breath slightly longer.

*Step 7:* When distracting thoughts enter your mind, don't feel bad about it. Acknowledge the thought, and then let it go.

*Step 8:* Continue the mediation process until the alarm gently sounds. Slowly become aware of where you are, open your eyes, and get up gradually.