



Meditation Instructions

- Find uninterrupted time
- Find a quiet space (Creating a special space is a great idea, only needs to be as big as you)
- Sit on the floor, chair cushion, yoga mat, etc. or you can lie comfortably
- If sitting in a chair place feet on the floor, hands in lap or on knees, spine straight and body relaxed
- If sitting on floor sit cross legged, hands in lap or on knees, spine straight and body relaxed
- If laying down place your arms at your side or on your belly
- Gently close your eyes
- Take three breaths in through your nose out through your mouth
- Listen to whatever meditation works for you, the length is up to you, start short 1-5 minutes.
 - Meditation video
 - Music with timer
 - Kaleidoscope of Sisters Spirit videos
- As your mind wanders gently pull it back to your focus point
- When you are coming out of the meditation take your time. Try not to jump right up.

Meditation is challenging and it takes time to master. It is the single most difficult tool that I use but also the most valuable.

Benefits of meditation:

- Can reduce stress, assist with the reduction of anxiety, increase in self-discipline, self-awareness, attention span, generate kindness, compassion, and empathy