

## How to Meditate

We can control our thinking so that we *Think on Purpose instead of being victimized by our thinking*. Our ability to Think on Purpose can significantly benefit us in life. Our ability to Think on Purpose can be developed by practicing meditation. Meditation is an exercise that can be practiced everyday for 5-10mins. You simply sit in a comfortable position, set a timer for 5-10mins, and focus on something simple like your breathing. Focus your attention on all aspects of your breathing: the movement of your body as you breathe, the sense of warmth or coolness of your breath, the locations in your body where you can actually feel your breath. Eventually your attention will wander away from your breathing. When you become aware that you are no longer focused on your breathing, gently let go of whatever it is you are thinking about and return your attention to your breathing. After refocusing, your mind may again wander off. Again, when you become aware that you are no longer focused on your breathing, gently let go of whatever it is you are thinking about and return your attention to your breathing. Continually repeat this process until the time has expired.