

The 5 Minute Meditation

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Meditate (or sit quietly) for 5 minutes once or twice a day. The simplest instructions are as follows:

1. Find a quiet place without distractions or interruptions
2. Sit comfortably - relax any areas of the body that might be tense or tight
3. Let your eyes close, or if you prefer, leave them open with a soft and receptive gaze
4. Take some moments to feel your breath - breathing in and out normally
5. Take several deep breaths and with each exhale, consciously let go and relax your face, shoulders, hands and abdominal muscles
6. Continue to breath in and out normally
7. If your mind wanders, just notice without any judgment, and bring your attention back to your breath
8. If you get lost in thought, once you realize it, gently bring your attention back to your breath

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This is just one simple form of meditation - it really doesn't matter how you do it or what happens as long as you take the time to just sit quietly. If you like, you can keep a log and/or jot down notes of your experiences.