

What is Meditation?

It is being in the here & now... focused on the present... BUT, it is not easy to do! We are constantly thinking about the past & the future! So, to quiet the mind, we need to train the mind! Since our senses turn outward to the world, we can use them to turn inward.

Meditate by focusing on each of your senses...

5) Sight - Now with eyes open, find a pleasant object like a flower, picture or candle flame, watch it without blinking & then close your eyes & see the image in your mind

4) Sound - Find a sound like a ticking clock, flowing water or chirping birds & once you have done this, chant out loud, Ommmmmm



1) Smell - Find a pleasant smell like incense, perfume, chocolate

2) Taste - Find something crunchy like cornflakes, or use chocolate again

3) Touch - Explore a movement in your body like rocking or twirling your wrists, & once you have done this, massage the area

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