

1-3 MINUTE MEDITATION

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FOR AMATEURS, INTERMEDIATES AND EXPERTS

The following is to assist with your meditation, if required:
(Visit tikufisher.com for your 3 min meditation music. Located under the waterfall.)

1. Focus on breathing
2. Breathe into your nose slowly and deeply
3. Slowly breathe out of your mouth
4. Breathe from your diaphragm (your belly) and relax your chest
5. Focus on totally relaxing each of the following:
 - **Shoulders** - allow them to slowly sink with gravity and without force
 - **Arms** - keep them relaxed by your sides
 - **Palms** - open both palms and relax your fingers
 - **Jaw** - separate your teeth
 - **Tongue** - down with no movement
 - **Lips** - slightly separated
 - **Cheeks** - relax the muscles (this goes for the remaining items)
 - **Nose**
 - **Forehead**
 - **Brows**
 - **Eyelids** - closed if you're in a safe environment
 - **Eyes**
6. Silence your mind - by focusing on the air entering your body through your nose, then filling up your diaphragm and exiting your mouth

I thought to share with you a small practice that I do quite often. This helps me start my day, deal with day-to-day stresses, or simply give myself a moment to do absolutely nothing.

I usually take a moment to do at least 1 minute of meditation to ground myself and silence all the noise. Just find a room in your home, at work, or if you're not driving you can also meditate during travel. This practice is great for mental and spiritual health. Believe it or not, it's healing.

We all know that stress is a dis-ease and so distressing with meditation is a method often used to heal, destress and refocus on positivity. With practice your meditation will improve so don't worry about being an amateur or even an expert.

I hope this serves you well. Take care of yourself and each other.

Sincerely, Tiku Roemello Fisher

A GIFT TO YOU BY
Tiku Roemello Fisher

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