



Dr. Reeta's Minute Meditation

Stand or sit in a quiet space, if you are using a chair—position your feet flat on the floor and comfortably apart.

Close your eyes.

Take a deep breath in, filling your entire body from your chest outward to the tips of your fingers and toes, to the top of your head, and exhale back through your body. As you inhale and exhale, breath in deeply so that your lungs fill with air. Imagine every corner of your lungs filling with fresh air.

When you exhale, push the air out as it leaves your lungs—feeling them empty fully.

Focus on your breathing to begin, you may want to use imagery that is relaxing to you, but for now, breathing is the purest form of meditation. Focus on your breath as it goes in and out of your body. Feel it as you fill your lungs, and as you push it out.

Do this for one minute. (I use an egg timer as this helps me to focus on the ticking if I'm having a difficult time quieting my mind. You can set a timer on your phone or watch.) If a thought comes into your mind that is distracting, just tell the thought, "I'll be with you in a minute", and bring your focus back to breathing.

The point is not to berate yourself for your thoughts, instead treat them like children that you are asking to be patient. You may want to focus on a particular matter like peace, hope, the earth, compassion or a matter of your choosing.

At the end of the meditation, open your eyes.

After a few days you may add a minute or more as it becomes easier for you. Make this a part of your daily routine, and you will begin to look forward to it as a simple way to quiet your mind.

