# ABC’s of Meditation

### Awareness

* Where is your body?
* How is it feeling?
* How are your emotions?

Just be aware and accepting.

### Breathe, begin by taking 3 slow deep breaths

(Your breath is your best friend; it is always there for you!)

* Slowing down your mind and body
* Letting your mind, body and spirit connect.

### Calm – mind and body

### 1 Minute of Mantras – pick one or two to focus on.

* In your head or out loud
* You could use your breath along with your mantras if you want. Breathing in for 1st half and out for 2nd.
* Take your time!
* Be still and know that I am God (Psalm 46:10).
* Thy will be done (Matthew 26:42)
* The Father is with me (John 16:32)
* I am in your midst (D&C 29:5)
* I am ‘filled with the love of God’ (Mosiah 4:12)
* I am completely stopping
* I expect nothing
* I trust my resources
* I feel supported
* I am loved
* I am open to joy
* I am open to connecting
* I embrace this moment
* Peace, be still (Mark 4:39)
* “Love as Christ loved” (John 13:34).
* “I will bear others’ burdens.”
* “Bathe me in thy light, life, and love.”
* “What can I do with God today?”
* “Speak the truth in love” (Ephesians 4:15).
* “Peace and presence in all circumstances.” (Romans 8:6).
* “I can do all things through Christ which strengtheneth me.” Phillipians

### 1 Minute of Silence

* Letting your thoughts drift away.
* Return your attention to your breathing.

### Good times to easily incorporate Meditation

* Before Scripture Study or Prayer – Take Three Deep Breaths – Be Still and Know God
* After your Scripture Study and Prayer - 3 deep breaths and maybe also a minute of silence.
* Sacrament
* During something your normally do – Fill your pitcher. ;)

E-mail me with questions Sheridan@enjoybirth.com