



Position: Either seated comfortably in a high back chair (figure A), seated in the lotus position (figure B) or laying flat on the floor (figure C)...really any position that is comfortable for you to be in.

The breath: Breath deeply in and out through your nose with your tongue resting comfortably on the roof of your mouth. If you place a hand below your belly button and one on your chest they should be rising and falling together.

The Mindset: As you sit or lay there focusing on your breathing imagine that you are floating in a great, white abyss. It is a comfortable feeling to float. Nothing should be pulling at you & nothing should be disturbing you. Allow yourself some time in this undisturbed state & then allow one of your life's issues to enter your mind.

Try to identify exactly what it is that disturbs you about this issue, while still floating in this great white abyss. Is the problem the way you perceive a particular situation or person? Is the problem that you feel you are not in the right climate, environmentally or socially? Is your work or family not fulfilling to you? If other issues start to enter, then re-focus upon the 'one' issue. When you feel that you know the exact reason that this particular issue causes you a problem, then ask yourself what kinds of changes are necessary to make this issue disappear.

Since it often takes 2 to define 1, then you may need to communicate your plan to resolve your issues with the people in your life. People are often resistant to change even when it is for the better. Accept this & then envision discussing your plan for change with the people in your life. Envision them responding in a supportive & optimistic way. If you decide to take your vision from imagination to reality, then you can ask them to be more supportive if things don't go as you had hoped they would. Take 3 deep breaths & open your eyes taking care not to lose that feeling of interconnectedness with the world.

Affirmation: End your meditation by telling yourself: "I deserve to find joy in my activities & relations. I will make the changes in my life that are necessary to attain joy."