

## Get Focused Meditation

Learning to focus works to calm you and relieve stress.

1. Begin with some gentle, focused breathing. Breathe in through your nose and breathe out through your mouth. Breathe out for twice as long as you breathe in. Continue this breathing throughout the exercise.
2. With your eyes open, focus attention on one thing. Choose an object or a point in the distance that allows your eyes to relax.
3. Let your awareness expand. Pay attention to what you notice around you, to the sides, above, below; even as you keep your gaze on the object of attention you have chosen.
4. Begin thinking and saying to yourself, "I am." If possible, link the thought to the pattern of your breathing.
5. Visualize what you want for the moment, for the day, or for a particular situation. Then let go of the image when you are ready.
6. Continue breathing, repeating, "I am."
7. If your mind wanders, don't worry about it. Just notice any distractions and let them pass, returning your attention to your breathing and to your object of attention.
8. When you are ready to complete the process of the meditation do steps 1-3 in reverse.

You can do this for as little as five minutes, once or twice a day and it will help. After a while you can increase the time if you like. Once you have some experience with it you might even find that you can use just the breathing or saying "I am," or even a few moments of focusing on an object to calm yourself and relieve stress.