

## Basic Meditation

### Meditation Made Easy

I would like to set forth some simple ideas for those persons with any life change who may be interested in trying simple meditation. This may not be for everyone; but, meditation need not be as intimidating as it is often perceived, riddled with gurus, Zen masters, chakras, spiritual guides, and new age practices.

Meditating can be as simple as closing your eyes, breathing deeply, and floating away with a beautiful piece of music or a tape of nature sounds. Guided meditations are commercially available to lead the novice into a relaxed and peaceful state. For Christmas last year, a dear friend with a particularly soothing voice made a tape for me, using images and music that he knows are special to me, guiding me on my own journey to relaxation or sleep. He made it even more special by singing a small lullaby at the end of each meditation. It's one of the most thoughtful gifts I have ever received. I use it often.

If you find music or sounds too distracting, try closing your eyes and picturing a pond or lake, turbulent and churning. Slowly, slowly, watch the water grow calm. You will grow calm with the water...