



## **Meditation for Beginners Q** by award-winning author / stress-relief expert Susie Mantell

Q: Dear Susie, I keep hearing how beneficial meditation is to body, mind and spirit, but I am one of those people who just never learned how. I know you often talk about the many different ways one can meditate. I would love to. Is there a simple "beginner" meditation I could easily learn to do?

A: Absolutely! And you're right, there are many, many ways to meditate. Some are practiced for many years to achieve proficiency, and some simpler ones require very little training.

Simply defined, meditation is the practice of Mindfulness. It is a deeply personal practice, therefore individual style and belief systems will suggest various types of meditation that can create authentic, enriching experiences within or without a spiritual context. In all mindfulness meditations, refocusing in the present moment, we quiet the inner critic, and for a little while ... we just let go.

I have seen meditation relieve symptoms of depression and anxiety, headache, back pain, insomnia, chemotherapy, irritable bowel syndrome, asthma, post traumatic stress disorder, phobias, blood pressure, pediatric hyperactivity, addictive disease and eating disorders, TMJ, compromised immunity (in both extremes of HIV and autoimmune response), as well as accelerated burn healing, post-surgical recovery, addictive disease and limitless other applications.

Many reach a meditative state in the rhythm of the ocean, focusing on the in-breath and out-breath, or a 'mantra' (soothing word/phrase), walking, practicing yoga, tai chi, even rocking a child or rebuilding an engine. [ Notice how many people have taken up knitting recently? ] The hardest part is finding what feels right for yourself, then making time for that practice.

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**Divorce Q: "Is There a Simple 'Starter' Meditation ...?"**  
by award-winning author / stress-relief expert Susie Mantell

**Simple Beginners' Meditation**

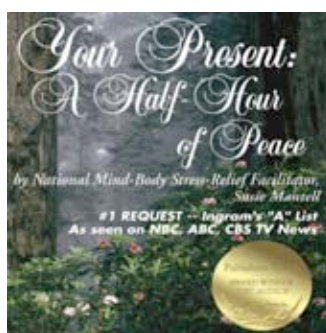
1. Guided imagery meditation on CD is a particularly easy, accessible meditation practice.  
(See [www.relaxintuit.com](http://www.relaxintuit.com) )

2. Close your eyes, and try this simple 4 word breathing mini-meditation. Focus in this moment, replacing yesterday's regrets and erasing tomorrow's worries.

These 4 simple words speak volumes, reducing by one word each time.

[slowly inhale] Be Still... [ slowly exhale] Know Peace.  
[slowly inhale] Be Still... [ slowly exhale] Know.  
[slowly inhale] Be Still... [slowly exhale] Peace.

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## END OF THIS TIP##