

Tips for Meditation:

Learning to stay in the Present:

- Start by bringing your attention to the sensations in your body
- Breathe in through your nose, allowing the air downward into your lower belly. Let your abdomen expand fully.
- Now breathe out through your mouth
- Notice the sensations of each inhalation and exhalation
- Proceed with the task at hand slowly and with full deliberation
- Engage your senses fully. Notice each sight, touch, and sound so that you savor every sensation.
- When you notice that your mind has wandered from the task at hand, gently bring your attention back to the sensations of the moment.

Tools for Meditation:

- **Movement-**
 - Single point of focus on one thing!
 - Yoga
 - Walking, Dancing, or Running
 - Cleaning, Knitting, Reading, etc.
- **Touch-**
 - Using an object to focus to mind.
 - Yoga Mala Beads (attached a word or phrase to each bead)
 - Rosary
- **Mantra-**
 - Focus on a word or phrase (i.e. "Let go")
 - Chanting or singing repeatable phrases
- **Sights-**
 - Using an object to focus thoughts on (i.e. candle)
- **Visualization-**
 - Visualize a mountain, beach, sky, etc.
 - Example: Imagine your thoughts are clouds in the sky that drift away.
- **Apps Available for Meditation:**
- In the NuleeuPlus app there are several guided meditation recordings, listen to them when you have a few moments (or even especially when you are busy) to practice your meditation routine.
- There are several other apps in the market that are tailored specifically for meditation and relaxation, explore the ones that you may like the most.