POWER MEDITATION

THE STEPS

1. Still the body.
   Find a comfortable seat, relaxed upright position, and settle in.

2. Close the eyes.
   Gently close your eyes and softly look into the darkness for any colors or shapes.

3. Repeat the mantra.
   Repeat any five-word-phrase to focus the mind. For example, "Inner-Peace-Begins-With-Me."

4. Enjoy the Stillness.
   Enjoy slowing down and doing something good for yourself. Aim for 5 minutes sittings.

For 21 consecutive days write the total minutes of meditation completed.