

8 STEPS TO A PEACEFUL & SIMPLE MEDITATION

Meditation

(15 - 30 minutes; more or less as you choose)

1. Posture

Sit up straight, shoulders back, chest area open, rest your hands comfortably in your lap, feet flat on the floor. Do not cross your legs.

2. Attitude

Have an openness toward God's presence.
Welcome God into your heart.

3. Pray The Lord's Prayer

Ask God to surround you with His light; the light of the Holy Spirit, protect you and fill you with his grace.

*Our Father who art in heaven. Hallowed be Thy name.
Thy Kingdom come. Thy will be done on earth, as it is in
heaven. Give us this day our daily bread and forgive us our
trespasses, as we forgive those who have trespassed against us
and Lead us not into temptation, but deliver us from evil.*

*For Thine is the Kingdom, the Power and the Glory
forever and ever.
Amen.*

4. Add centering music to the background of your meditation, such as the songs provided under this site's MUSIC tab. This will help you focus and prepare your heart for Jesus' presence.

5. Pray The Jesus Prayer

Lord Jesus Christ, have mercy on me.

Set your timer to the desired length of time. Do not move until after the bell sounds.

- Look, gaze at the picture of the Sacred Heart of Jesus. Feel his love and his warmth.
- "Watch the breathe" - Focus on your breathing for several minutes. Stay alert and relaxed.
- Breathe in deeply through your nostrils and out through your nostrils. Relax.
- As you breathe in mentally chant Lord Jesus Christ...
- Breathe out focusing on the air as it goes out of your nostrils and mentally chant Have Mercy on Me.
- If you start having distracting thoughts, go back to "watching the breath" and mentally chanting the Jesus Prayer coordinated with the breath.

6. Conclude the Meditation

After the bell rings, keep your eyes closed for a few minutes to bring yourself back to your surroundings. Gently open your eyes and move slowly. Thank God for all He has done for you during this time together.

7. Journal

Record your thoughts and prayers for the day.

- 8. Throughout the day** try to recall the peacefulness of your meditation. When you can, recite the Jesus prayer as often as you can.

Lord Jesus Christ, have mercy on me.



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