

# THE MEDITATIVE PROCESS

- 1. Find a quite place that you can be completely alone and relax.** *I find that a darkened room is best. I also use ear plugs to minimize any background noise.*
- 2. Get emotionally involved in becoming totally relaxed.** *To do so, close your eyes, take deep breaths, and try to not to think about any issues or concerns. If you find yourself thinking about them, just try to let them go.*
- 3. Let your body become very light and your mind free flowing.** *This state of mind is almost dream-like. If you've ever meditated, you'll easily know this state when you get there.*
- 4. When you feel calm and peaceful, imagine what it would be like if you have already achieved your goal.**
  - Imagine how you would FEEL to have achieved your goal. FEEL the pride, the excitement, and the satisfaction. FEEL the positive feedback that you would receive from your family, friends, co-workers and the world in general. FEEL your dream!*
- 5. Once your image is very clear, write down your experience.** *This will further cement the idea in your mind.*