

## MEDITATION

**Learn to meditate:** A Buddhist meditation called The Mindfulness of Breathing is very easy to learn and, I find, very effective at calming mind, body and spirit. You just sit or lie down comfortably in a quiet place, and breathe in and out slowly and deeply a few times. Concentrate on what you're doing. Breathe in through your nose, and imagine that breath travelling deep down into your lungs. Then slowly breathe out through your mouth. Count each breath, up to ten, silently to yourself, on the out-breath. Then start at one again. If you find thoughts coming into your mind and your attention drifting, just acknowledge, and release, those thoughts, and return to focusing on the breath, starting at one again.

(This is a simplified version of the Buddhist Mindfulness of Breathing technique. If you have the opportunity to go to a Buddhist centre and learn properly, I highly recommend it. It is a fantastic, life-enhancing tool and can be used to improve your health and wellbeing in so many ways.)

**Or try creative visualisation:** Sit or lie somewhere quiet and comfortable. Close your eyes and commence deep breathing. Then start to visualise being in a beautiful, calm, relaxing environment. It may be somewhere you've been, or an imaginary place. For example, it may be a tropical beach. Helps to start off imagining yourself walking down some steps to the beach. And back up the steps before coming out of the meditation. As you walk along the beach/through the woods, wherever you have chosen to be, bring all your senses into play. Feel the sand beneath your feet, the breeze on your skin; hear the waves lapping, the birds calling; taste the salt on your lips; and of course, drink it all in visually.



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