

Meditation Station

“Meditation is the key for opening the doors of mysteries.” —‘Abdu’l-Bahá

Feeling stress from homework? Upset by a bully or an argument with a friend? You may have heard that meditation can help, but maybe you’re not sure how to do it.

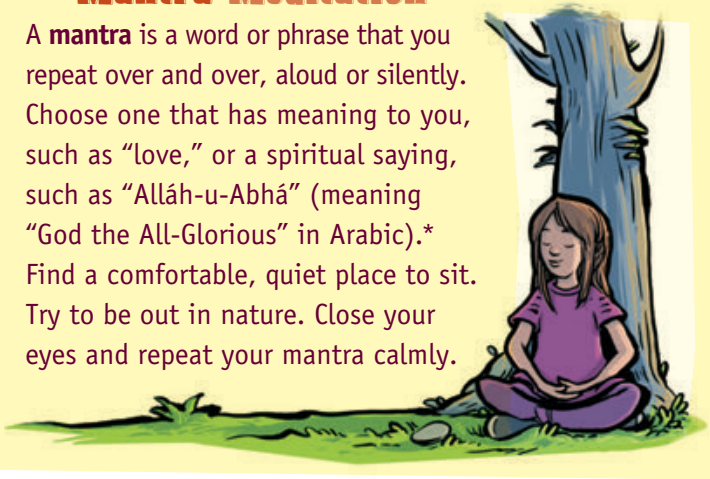
Many people use meditation as a way to connect with the inner self or spirit, and to deeply calm the body and mind. The Bahá’í writings say that during meditation, the soul is “informed

and strengthened” and “receives the breath of the Holy Spirit.”

Some studies show that meditation can also have physical and emotional health benefits. Making a little time for meditation each day may help you in countless ways. There are many forms—try different ones until you find what’s most comfortable for you. The three below can get you started.

Mantra Meditation

A **mantra** is a word or phrase that you repeat over and over, aloud or silently. Choose one that has meaning to you, such as “love,” or a spiritual saying, such as “Alláh-u-Abhá” (meaning “God the All-Glorious” in Arabic).* Find a comfortable, quiet place to sit. Try to be out in nature. Close your eyes and repeat your mantra calmly.



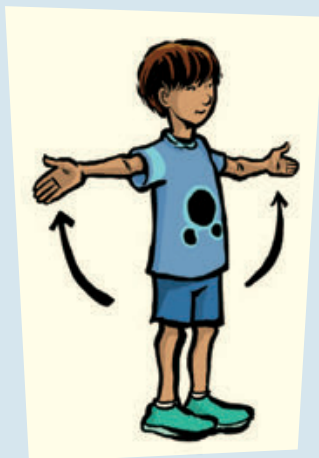
Mindful Meditation

Mindfulness is when you’re fully aware of the present moment. Sit in a comfortable position with your back straight. Close your eyes and focus on your breath moving in and out of your body. As thoughts go through your mind, don’t try to stop them. Notice them, but then let them go and focus again on your breath.



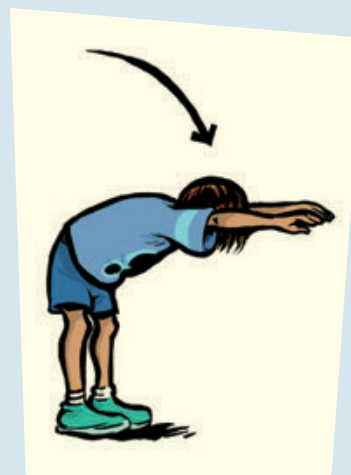
Moving Meditation

This yoga pose is called Standing Sun. It’s one way to meditate through movement.



A Stand straight with feet together. Exhale. Then inhale slowly and lift your arms out to your sides.

B Stretch your arms above your head. Keep your palms together and look up.



C Exhale, bend forward, and keep your head between your arms.

D Grasp the backs of your legs and hold a few seconds.



E Inhale. Stand up slowly, raising your arms above your head again, as in steps A and B. Exhale and lower your arms.