

# Maya's MYSTERIES

"Through meditation the doors of deeper knowledge and inspiration may be opened." —Bahá'í Writings

MEDITATION  
MAKES ME  
HAPPY.



## MEDITATION HELPS US SHINE

Last night, I had a nightmare that I got lost in the woods. It was really scary! When I woke up, my heart was racing. I tried meditating to calm down. I took a deep breath, closed my eyes, and imagined my favorite spot on the mountain by my house. I thought about my dream and how I'm always careful to take a friend and a compass when I hike in the woods. I felt better.

To me, meditation is kind of like sunshine. When I

feel sad, angry, or worried, it lights up my spirit. Did you know that meditation can decrease stress, depression, and anxiety?

There are lots of ways to meditate. You can focus on anything that helps you clear your mind and feel peaceful. It can be hard to stay tuned in at first. It just takes practice. Check out my tips below. I hope they help you shine with happiness!

## MAYA'S SHINING SUGGESTIONS

Fill in the missing letters to learn ways to feel calm and happy by meditating.

- Start small, such as **\_\_ITTI\_\_G** calmly for two minutes a day.
- Choose a **\_\_UIE\_\_**, peaceful space, outside or inside.
- Ask yourself how you're **\_\_EE\_\_IN\_\_** in body and mind.
- It's okay if your mind **WA\_\_DE\_\_S**. Bring it back gently.
- If a strong thought or feeling arises, **R\_\_FL\_\_CT** on it.
- Count deep **B\_\_EA\_\_HS** to slow down and relax.
- Visualize an uplifting scene or **I\_\_AGE**.
- Listen to soothing music or a **GUI\_\_E\_\_** meditation—a recording that helps direct your thoughts.
- Say a **P\_\_AYE\_\_** to help your spirit soar.
- Try **YO\_\_A** to help focus your mind. It can make your body happy, too!
- OB\_\_ER\_\_E** the sights, sounds, and smells that are all around you.
- Take a walk and enjoy all the beauty in **NA\_\_U\_\_E**.

