

The Meditation: How to Quiet Your Mind in the Midst of Chaos¹

Following is a simple, four-step meditation practice that I recommend to my clients and personally follow. In each step, you'll find examples to help you, but feel free to come up with your own. For more examples, refer to "More Tools" chapter: "Meditation Worksheet." For a full, guided meditation, visit my website, www.quartner.com.

Step One: Focus on Breath

Begin to notice your breathing.

Focus on your breath. Breathe in and say, "I am here." Then breathe out and say, "Here I am."

Simply notice your thoughts coming and going without clinging to them. Visualize them floating away and then return to your breath.

Refrain from any harsh judgment toward yourself.

Once you become in touch with your breath, you are ready to move to step two.

Step Two: Have Gratitude

Think about and acknowledge who and what you are grateful for in your life.**

I am grateful for abundance.

I am grateful for good health.

Once you've spent some time reflecting on what you are grateful for, transition to step three.

Step Three: Set an Intention

Set your intention for the day—link to how you want to "show up" as your best self.***

"Show up" grounded and calm.

¹ This meditation is inspired by Rabbi Shapira (1932, Warsaw Ghetto) as interpreted by Rabbi Dr. James Jacobson-Maisels and adapted by Cathy Quartner Bailey.

Slow down my pace, and listen to others.

Be compassionate toward myself.

Once you've spent some time reflecting on an intention, transition to step four.

Step Four: Let Go

Trust that your intention will happen without the need to force it on your end. Let things unfold naturally.***

Let go of harsh judgment toward myself.

Let go of thinking I need to be perfect.

Let go of worrying about things I have no control over.

Once you've completed the meditation, take a few minutes, and ask yourself the following:

1. How did I feel before I started the meditation? What was my state of mind?
2. How do I feel now?
3. What am I learning?
4. What might be some benefits from my meditation practice?

Remember to be kind to yourself.

- Recognize that it is normal for uncomfortable feelings to arise.
- Practice self-acceptance. Be kind, gentle, and nonjudgmental toward yourself. Whatever you experience is okay.
- In general (though some days will be more difficult than others), the more you meditate, the easier it gets.
- You can also use this structure as a journaling exercise.