

A Six-Minute Meditation To Reduce, Anxiety, and Stress during COVID-19 Humanity's Transformative Time

Just as you turn on electricity for heat, light and motion, you also have a quiet Source of unlimited power/energy within you. It is a Conscious, Loving power that is the basis of all life and existence. It connects us to everything in the Universe.

Here is a six-minute exercise that plugs you into your Source, wherever you happen to be. This Intelligent Power is FREE. To begin, sit comfortably and upright. You can also lie down. Close your eyes to help focus and remove distractions.

1. Slowly, take three breaths.
2. For **One Minute**, quietly watch your thoughts, as if on a movie screen. This allows your subtle mind to become calm and step-by-step reach your Self within.
3. During the **Second Minute**, as you watch your thoughts, notice that a conscious part of you is watching. This is your true self.
4. For the **Third Minute**, use your mind to focus on this conscious awareness. Your mind may get easily distracted, just guide your awareness back to watch your thoughts.
5. In the **Fourth Minute**, to help the mind, you can choose to focus on your Consciousness either in the middle of your forehead, the tip of your nose, or your heart centre where you can use peaceful imagery to help you concentrate. Since thoughts travel out, your beautiful thoughts also go out into the world.
6. Spend the **Fifth Minute** breathing, relaxing and concentrating on your chosen spot.
7. As your mind is on a journey to your deep Conscious Self, you may want to stay longer in your meditation. However, in the **Sixth Minute**, you may complete this exercise. Slowly take three deep breaths, become aware of your body, and slowly open your eyes.

Thank yourself for the gift of Six Minutes. This meditation, if practiced daily, will strengthen your mind to reach its transcendental Self. Each practice advances to your Source of Infinite Power.

Benefits of Meditation

- As your mind grows calm, your body follows
- Blood pressure is lowered
- There is a reduction in anxiety, fear, emotional confusion and pain
- Creativity is heightened
- You become empowered by connecting to your Source
- You Increase self-awareness
- You develop positive emotional health. You feel a sense of peace, connection and love.
- It also improves sleep.