

For a simple meditation method you are going to find extremely useful IF you actually take two minutes to try it! First, we turn to 6th century B.C. Chinese philosopher Lao-Tzu, who tells us...



Muddy water, let stand, becomes clear.

Using Lao-Tzu's insight, I think you'd agree with me that most of the time, your life and mind are a lot like muddy water, stirred up often by people and things.

But it doesn't have to be that way.

In a minute or two by using this exercise, you can clear your mind, your body, and your emotions and become like still water!
Here's how to be still and clear...

Take a deep breath.

Hold for a second.

Exhale slowly and start to focus inwardly.

Repeat two or three more times.

There, now you can feel the water of your life starting to slow down.

Visualize the waves getting smaller.

Mentally see the dirt and detritus sinking.

Stay with your breath right now, in this moment, until you are clear water.

There.