

Seven simple steps to finding stillness...

1 Close your eyes and repeat a mantra over and over for a few minutes. When random thoughts enter into your consciousness keep repeating your mantra. Repeat for up to 20 minutes. Try these popular mantras: om, peace, Namaste, shalom, so hum: "I am that"

2 Close your eyes and connect with a safe and peaceful place that you have been to before. Take yourself there and re-experience the moment. Wait in quiet until one of those moments comes to you. Maybe it will be a place in nature - the beach, hiking in the woods, sitting by a still pond, or by a warm fireplace. What do you see? Smell? Smell the salt air, or the fire in the fireplace. What does your body feel like? Stay with a memory that feels great and enjoy the moment in this peaceful place. Breathe into the peacefulness of the moment. Stay with that place a few minutes and when thoughts come to you as distractors, return to this place. When you feel ready, open your eyes, breathe in and out several times, and connect with your feet, to the ground, and earth. Be ready to move forward in your day from this place of peace...

3 Breathe in and count to 1 on the inhale, 2 on the exhale, 3 on the inhale and 4 on the exhale. Repeat the sequence for a few minutes focusing on the breath. Visualize the numbers each time... Repeat for a few minutes.

4 Visualize yourself in the center of the sun...close your eyes and notice the colors and the light that is present. Enjoy peace in the moment within the light. Notice the colors: is it yellow? white? pink? orange? Breathe into that space and let your cells expand. Focus on the light and the colors... Connect with the fire element, and let the fire within your cells ignite toward your purpose...

5 Connect with your heart. Feel the heart chakra area soften. Put your hands there and enjoy the softening and the warmth. Visualize colors that may show - red, pink, orange etc... Enjoy the warmth and the softness there. Breathe into it and stay with it as long as you need. Approach people and situations from your heart. In this heart centered place, notice the difference within the moment...

6 While driving in your car turn off the radio. Drive in silence and look around at nature - the trees, the sky etc... Enjoy the quiet of the moment and peace. As said by Eckhart Tolle – "Listening to silence awakens the dimension of stillness within yourself...when you become aware of silence, immediately there is that state of inner alertness...you are present."

7 Count slowly from 1 to 10. At each number visualize it until it floats away. Breathe in, and breathe out. Mouth the words of the numbers you are counting. Then go on to the next number.