A Simple Guide for Learning Meditation

Do this each day for twenty minutes.

* Find a place where you are safe and comfortable. Sit on the floor or in a chair. Rest your hands on your legs.
* Use a cell phone app for timing the mediation. There are many free or inexpensive apps available.
* Focus on your breath. Your mind will jump around. When you notice the focus is gone, simply count the breaths. One, inhale, two, exhale. Start over when you get to ten.
* Enjoy the quiet. Listen. Simply be.

In her book, *When God is Silent*, Barbara Brown Taylor wrote: “Even now, some Christians have trouble listening to God. Many of us prefer to speak. Our corporate prayers are punctuated with phrases such as ‘Hear us, Lord’ or ‘Lord, hear our prayer,’ as if the burden to listen were on God and not us.”

Spend twenty minutes each day listening for the Divine. Anticipate grace.