



## **Quiet Your Mind and Reduce Chronic Stress Meditation**

By Deepak Chopra

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Note: There are questions asked during this meditation. When they are asked, don't get hung up on trying to answer them – simply LIVE the questions and life will move you into the answers.

*Place your feet flat on the floor. With your hands gently in your lap, palms up and close your eyes.*

*Focus your attention on your heart and take a deep breath in. Slowly exhale. Take another slow, deep breath in...*

*Now shift your focus to gratitude of the blessings in your life. Embrace things that you are grateful for. Feel the emotional fulfillment of gratitude. Take deep, full breaths of gratitude.*

*Ask yourself these questions – don't try to answer, just ask:*

*Who am I?*

*What do I want?*

*What's my purpose?*

*What makes me happy?*

*Now simply allow yourself to be aware of your physical body. Your hands in your lap – your feet flat on the floor.*

*Now focus again on your heart – allow yourself to hear the beating of your heart as a sound or feel it as a sensation.*

*Take a few deep breaths in – Stretch!*

Each step of the meditation initiates specific changes in the brain to create life changing shifts when practiced regularly. Focusing on Gratitude from a relaxed state hardwires the brain for emotional fulfillment. Shifting your awareness to questions while in this relaxed state activates cognition and thought. The experience of “feeling” your body ignites the state of being coherent in the moment. Focusing on the beating of your heart as a sound or a sensation completes the circle of the experience quieting your mind and lowering your blood pressure.