

# Preparation for Meditation

## 1. Distractions:

Free your hands, put everything down and focus.

Separate disruptive pairs and try having people facing different directions.



## 2. Concentration:

Breathing techniques and relaxing activities help focus the mind.

Can try going into an unfamiliar environment or splitting up into small groups.

## 3. Freeing the mind:

Take yourself out of your body, take your mind somewhere open and free.



## 4. God's presence:

Now bring yourself into the realisation of being in God's loving presence and light.

Imagine hiking around mountains surrounded by clouds and blue skies.

Can try squeezing your fists really hard while holding your breath.

As you walk through the mountains you begin to move back in time. Then you look down at your feet and see the feet of Jesus, your footsteps are his footsteps.