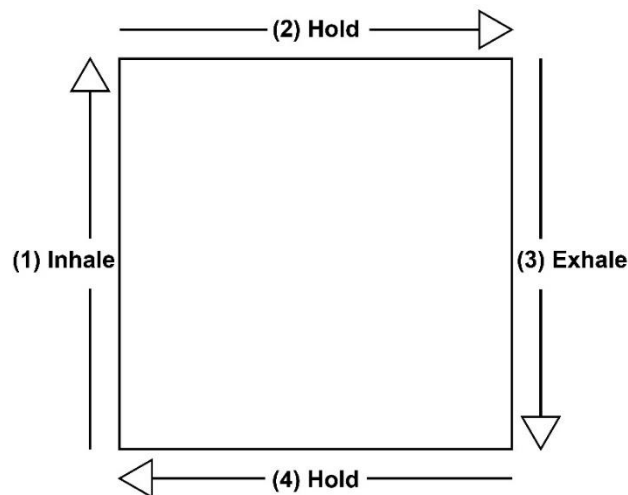


Four Square Meditation

Created by Nicco Boss

Excerpt from **POSITIVIKEY: THE KEY TO HAPPINESS**

This is a basic meditation that benefits beginners and experts alike. Allow yourself at least five to ten minutes and find a place in your home away from excess noise. You can play soothing instrumental music if you wish, which helps to drown out noise — if you happen to live in a big city, for example. Sit on a soft surface (such as a yoga mat or blanket) with your legs crossed loosely, or you can sit in a comfortable position in a chair with your feet flat on the floor. The object is to feel as tranquil as possible. Relax your shoulders and arms, letting your hands rest on your thighs, palms up or down. Close your eyes gently and begin by taking one deep breath in through your nose, counting to four. Hold your breath for a count of four, and then exhale through your mouth to another count of four. Next, refrain from inhaling for four counts, and then begin the process once again. I call this my ***Four Square Meditation***. When doing this, I picture a square:



As I'm counting my breaths, I visualize traveling around the square, from the bottom left corner to the top left while inhaling to a count of four, and then holding the breath to a count of four while going from the top left corner to the top right. I exhale from the top right corner to the bottom right to a count of four and then refrain from breathing for four counts as I travel from the bottom right corner back across to the bottom left where I started. The act of counting while also envisioning traveling around the square helps to keep you focused, as well as preventing distracting thoughts from entering your mind. Holding your breath improves your concentration on the task at hand, forcing you to pay attention to releasing or taking your next breath. In doing so, you don't think of anything else. Also, after holding your breath, your next exhalation feels great because you're releasing carbon dioxide, and your next inhalation is incredible because you are taking in oxygen, providing you with a burst of energy!

If you do this meditation for just minutes a day, you will notice a difference in how you feel. If you have more time, by all means take advantage of utilizing this healing technique! Do it in the morning after you wake up to energize yourself, and try it again before bedtime to help relax you and prepare you for a great night's sleep!