Meditation For Beginners

* Sit comfortably
* Relax your body and quiet your thoughts.
* After body and mind have been stilled,
* Visualize a red apple against a dark background.
* Focus on it, bring it close and see the small details of its skin.
* Smell it.
* Touch it and feel it's smooth skin.
* Bite it and taste it.
* Focus on it and nothing else.
* Sit, do not lie down (this could cause you to fall asleep).
* It may take a few times to actually taste the apple.
* Don't give up, keep practicing this and it will enhance your mind for meditation