






Tips for Mindful Meditation

In *Already a Butterfly: A Meditation Story*, Mari Posa is so busy gulping down nectar, collecting pollen, and thinking of all the things she needs to accomplish that she doesn't feel like a beautiful butterfly. Then Mari meets Bud, a soon-to-be flower who helps her to slow down and follow her breath to discover the joy of just being who she is. You can slow down and feel peaceful, too, by following these steps to mindful meditation.

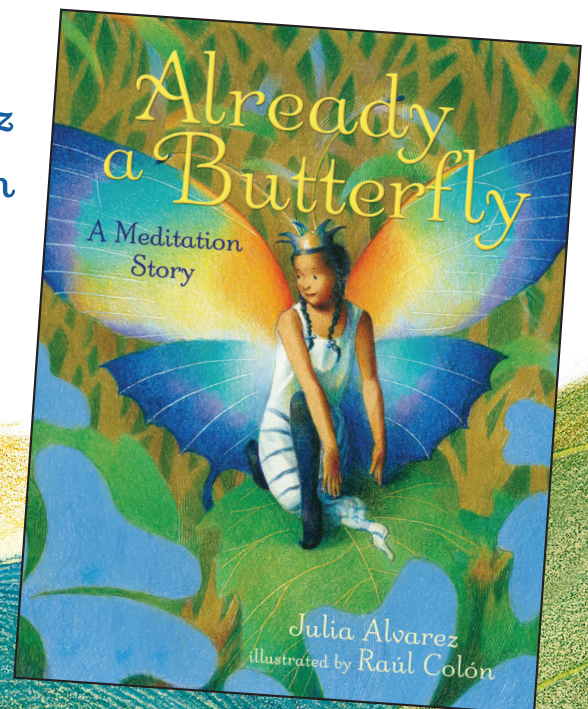
You already are a butterfly, Mari Posa. You just have to learn a way to get rid of the hurry and worry that keep you from knowing who you really are. That's what I'm going to teach you. Shall we start?

-  Close your eyes.
-  Imagine being someplace soft and warm and safe.
-  Follow your breath. Breathe deeply and slowly, in and out. In and out. In and out.
-  There's nothing to do but breathe: In . . . Out . . . In . . . Out . . .
-  Breathing in, you grow wings. Breathing out, you soar. In, grow; out, soar.



Practice this calming technique every day. May you too discover, as Mari Posa did, a quiet home inside yourself, no matter where your wings carry you.

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