

# Living My Spirituality

All man's miseries are derived  
from not being able to  
sit quietly in a room alone.

Blaise Pascal

# Meditation supports my...

PHYSICAL Well-being

- follow your BREATH
- Yoga Nidra

# Meditation supports my...

EMOTIONAL Well-being

- May I be well...

INSERT VIDEO

*“Meditation in  
Baltimore school”*

If every 8-year-old in the world  
is taught to meditate, we  
will eliminate violence from  
the world within one generation.

The Dalai Lama

# Meditation supports my...

MENTAL Well-being

- Mindfulness

# Meditation supports

my...

**SPIRITUAL** Well-being

- Centering Prayer

**ONLY GOD**

**LIFE LOVES ME**

**PEACE BE STILL**

**ALL IS WELL**

**THERE'S ONLY LOVE**

**DIVINE SUPPLY IS FLOWING**

**LIFE IS ALIVE IN ME**

**STRENGTH**

**WISDOM**

**I RELEASE**

**I LET LOVE LEAD**

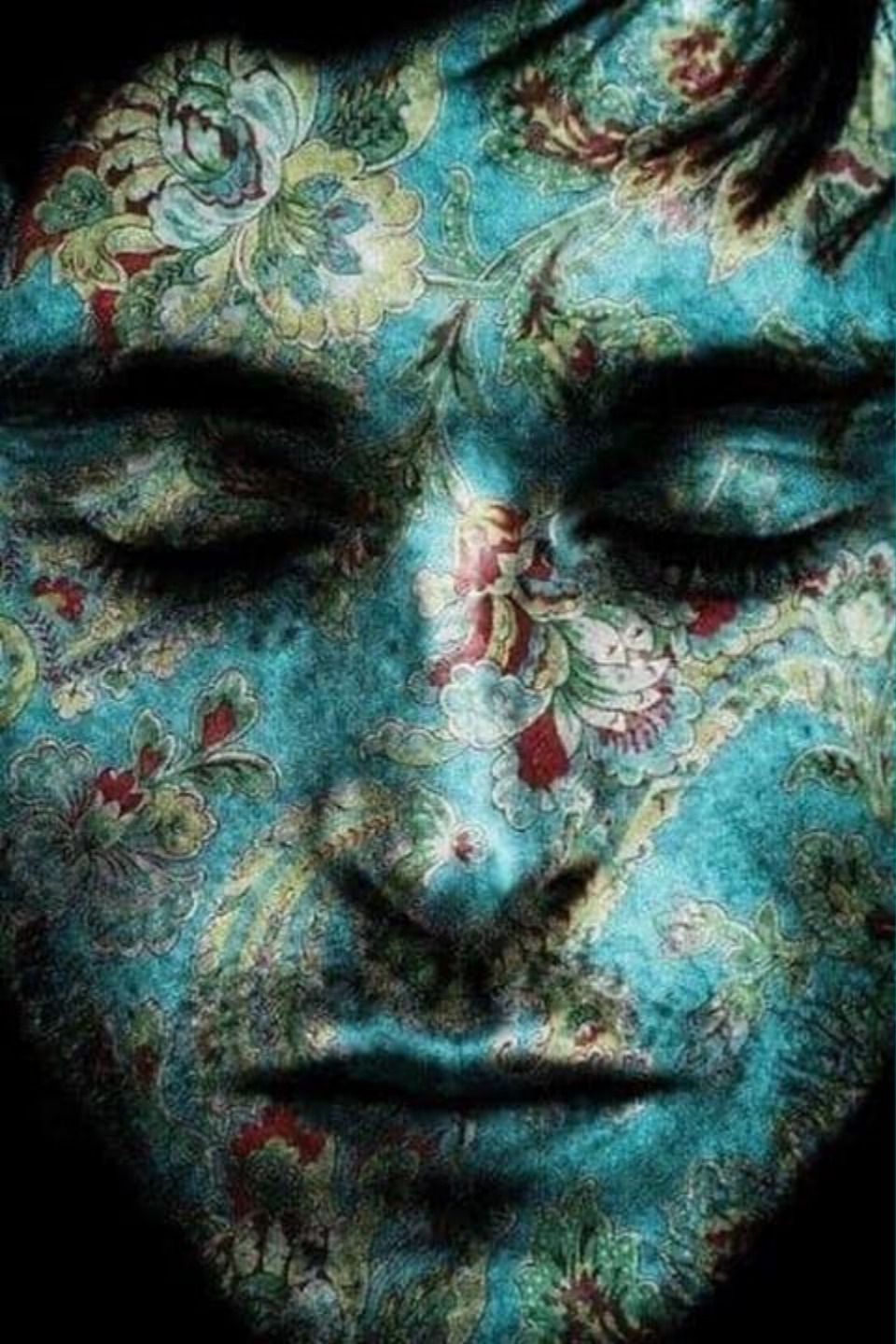
**THERE IS ONLY GOOD**

**THERE'S NOTHING TO FEAR**





**My every breath  
is another chance to  
be still and know God.**



# Living My Spirituality