

10 OBJECTS OF FOCUS FOR MEDITATING BESIDES YOUR BREATH

Your object of focus in meditation can be anything that helps you to quiet your mind and bring your awareness to the present moment. It can come from many sources – sounds, smells, touch, a visual object or a concept. Here is a list to get you started:

1. A mantra
2. Music
3. A mandala
4. A burning candle
5. The sounds of nature
6. The sound of water
7. The act of walking
8. A massage
9. An aromatherapy oil
10. Wind chimes

