



DIME STARTER MEDITATION SAMPLE

- ➡ Sit erect on a mat or a chair, and close your eyes.
- ➡ Focus your attention on your breathing and start counting. One count means one complete cycle of respiration, that is inhalation and exhalation.
- ➡ Continue until you reach 100 counts or more.
- ➡ During inspiration, as you breathe inward through your nose, imagine that positive energy is going in and health is coming into your body.
- ➡ During expiration, as you breathe out, think that your disease is going out. Imagine that your coronary artery blockage or plaque is coming out of your body and melting away.
- ➡ Positive affirmations and chanting in this manner in sync with your breathing will help in resolving your heart disease.
- ➡ Gradually, coronary artery disease will reduce in significance.
- ➡ Love yourself. Love your body. Focus your mind on your heart.

