



Just-a-Minute Technique

- » Wherever you are, simply pause.
- » Withdraw your energy from focusing externally.
- » Focus on your breathing – it's an easy way to direct your attention internally.
- » Breathe... relax.
- » Create a positive focus.
- » Visualise peace... or joy... or calm... or letting go... or inner silence.
- » Stay with the feeling for a few moments.
- » Experience that you are different... separate from any restlessness around you or within you.
- » Return rejuvenated... renewed to what you are doing.
- » Remember... your internal peace.

Developed by the Brahma Kumaris - University established in 1937.

The University's aims state that they attempt to promote peace at the individual, local and international levels through personal development courses, initiatives and research and global projects.

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