Meditation to me means closing my eyes and allowing myself to relax all thoughts so that my head clears. When my thoughts are relaxed and at one with my body and spirit, I hear my inward peace commune with my present and my future.

Although, I currently cannot foresee the future, when I am at peace, I get a sense of what I should do and how I should handle things in my life.

As I continue to practice meditation, I find that when I am actively preparing my day, that same peace remains in my spirit and aids me with my daily decision making process, which upon review, gives me excellent outcomes as a result.

I hope that my meditation will help bring me closer to that point of relaxation in my mind that will help me prepare for that last breath in that day or that final experience that I am destined to come to at the end of my life.

I hope to leave in peace and arrive in peace and to leave behind a legacy of peace.

To me meditation equals peace…