

# Meditation Exercise

Why is spirituality considered when dealing with mental health? Spiritual approaches to trauma are methods utilized in African American communities with demonstrated success for wellness and are alternatives to scientific healthcare practices. If science must be used as a practice, the method for holistic wellness should include medicinal and spiritual practices as treatment options for this population. Wellness therapy can define and assist holistically during the transition of worldviews. The objective of meditation is to provide your Spirit a focal point to deal with conflict while advancing your desired vision.

*Ask yourself these questions:*

- **What am I envisioning and why?**
- **Does this agree with my lifestyle, or will I require lifestyle changes?**
- **Where and how do my perspectives affect the outcome?**
- **What are the obstacles and what are possible solutions?**
- **Who cares and does it matter?**

Challenge yourself to two dedicated hours of self-reflection time weekly and focus on things that you desire while posing the above questions. The goal is to gain understanding of what it is you envision and to develop a strategy to achieve your vision.

Some people prefer to journal which is ACCEPTABLE with this exercise; the key is to discover a cognitive thinking process you can breathe through.

For further assistance on meditation and techniques, subscribe to Anointed Kat Spiritual Incentive newsletter and blog.