

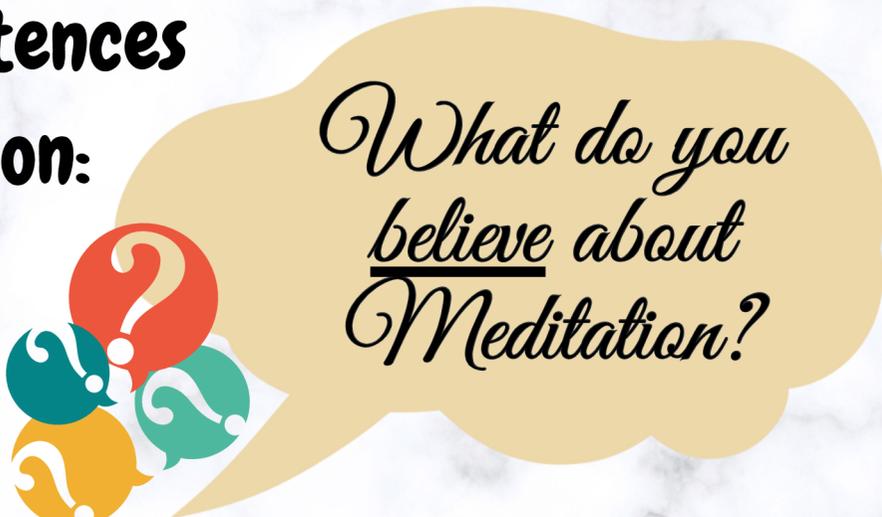


# *Meditation Is Medication!*

**Meditation:  
How would I define it?**



**Without a lot of thought,  
respond (in 1 or 2 sentences  
max) to this question:**

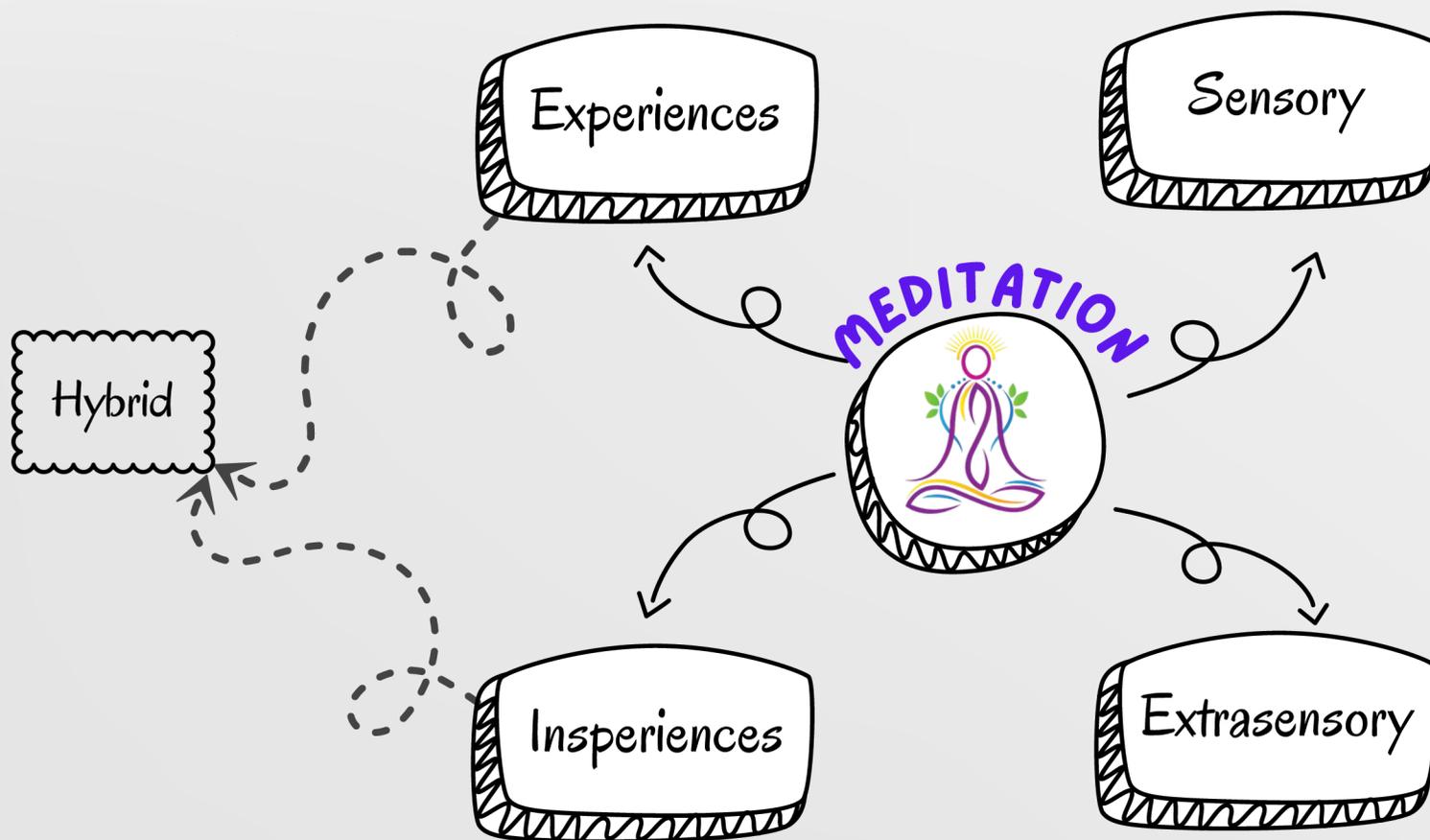


*What do you  
believe about  
Meditation?*



*Meditation Is  
Medication!*

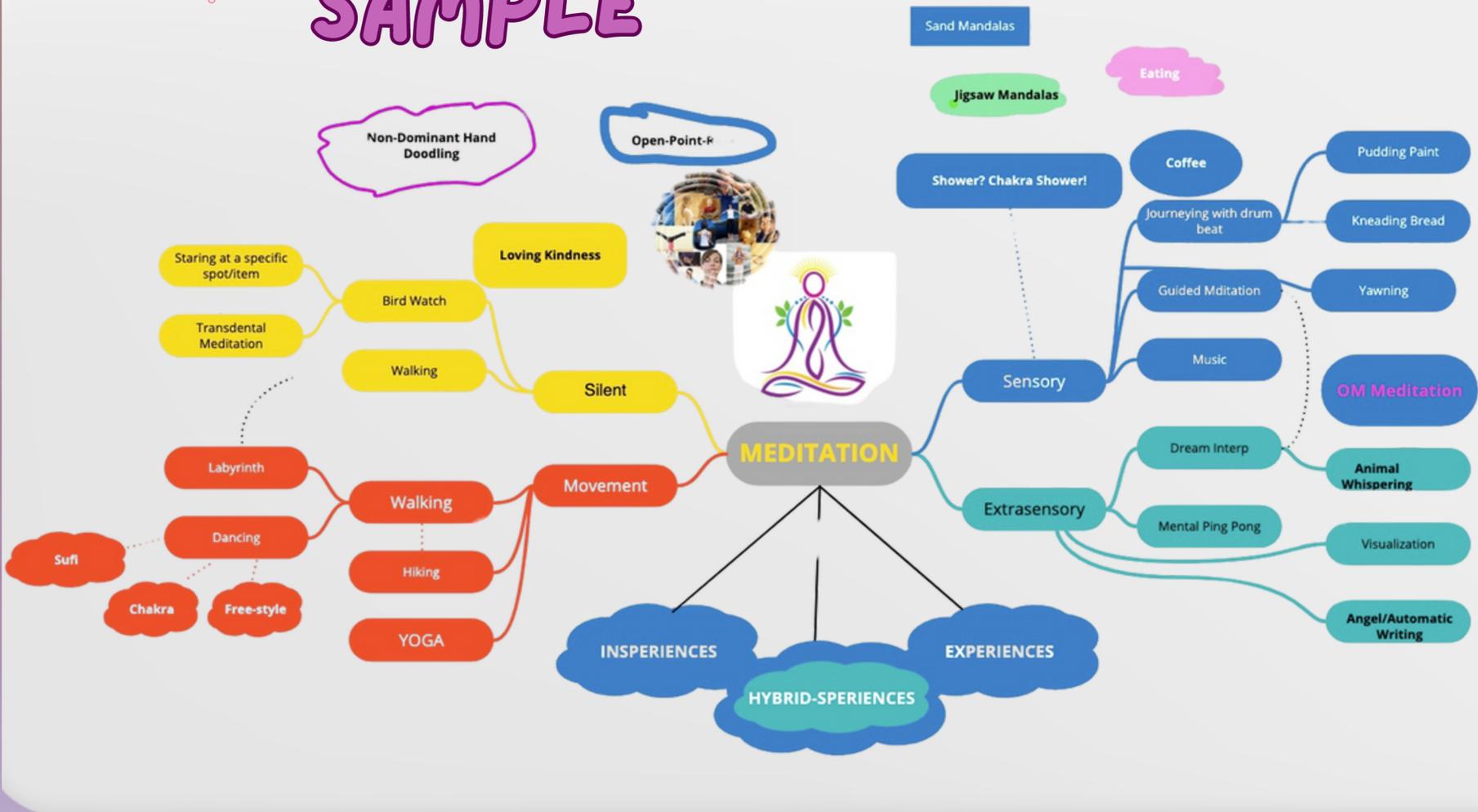
# MINDMAP



Meditation Is Medication!

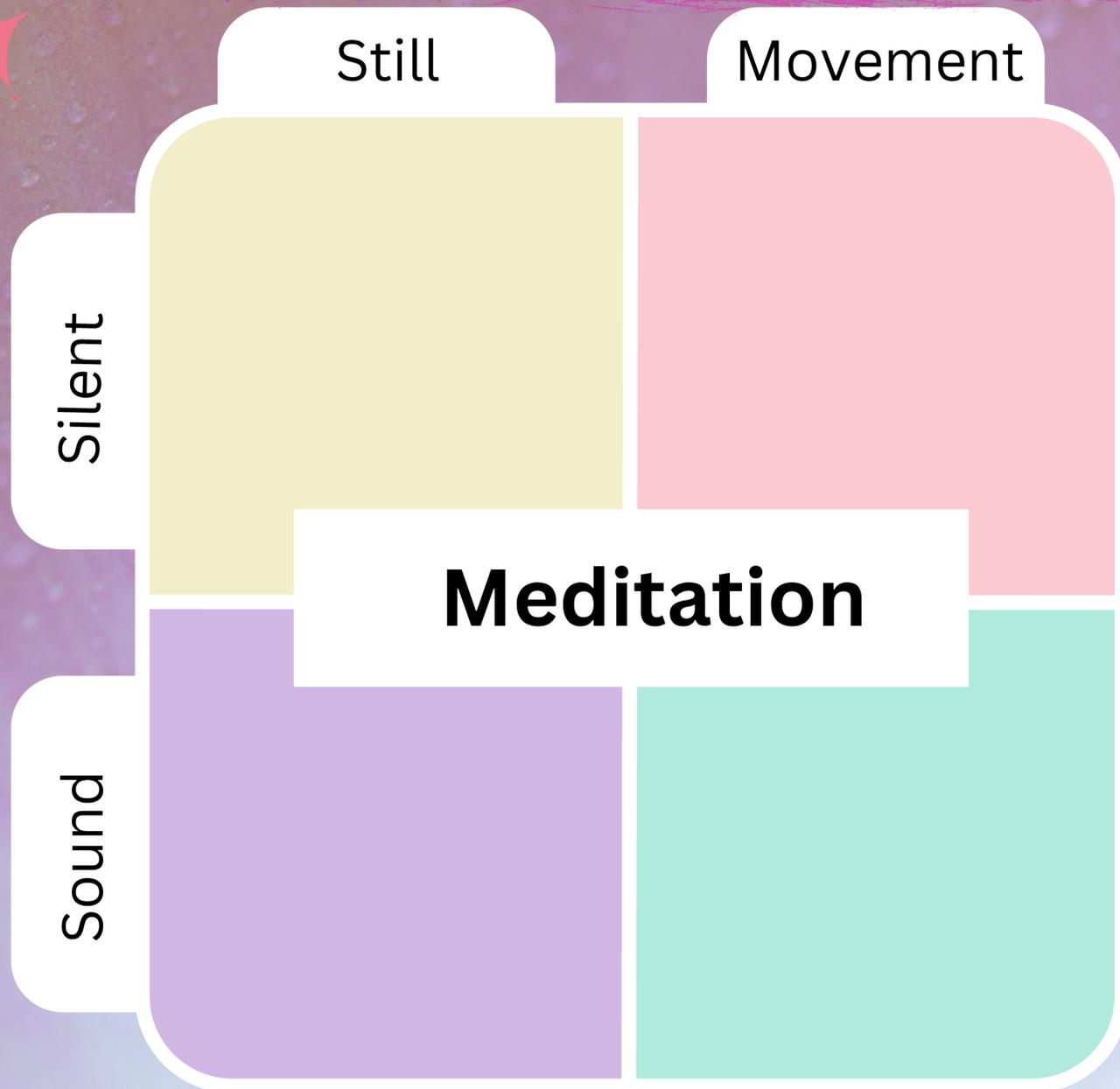
# MINDMAP

SAMPLE



*Meditation Is Medication!*

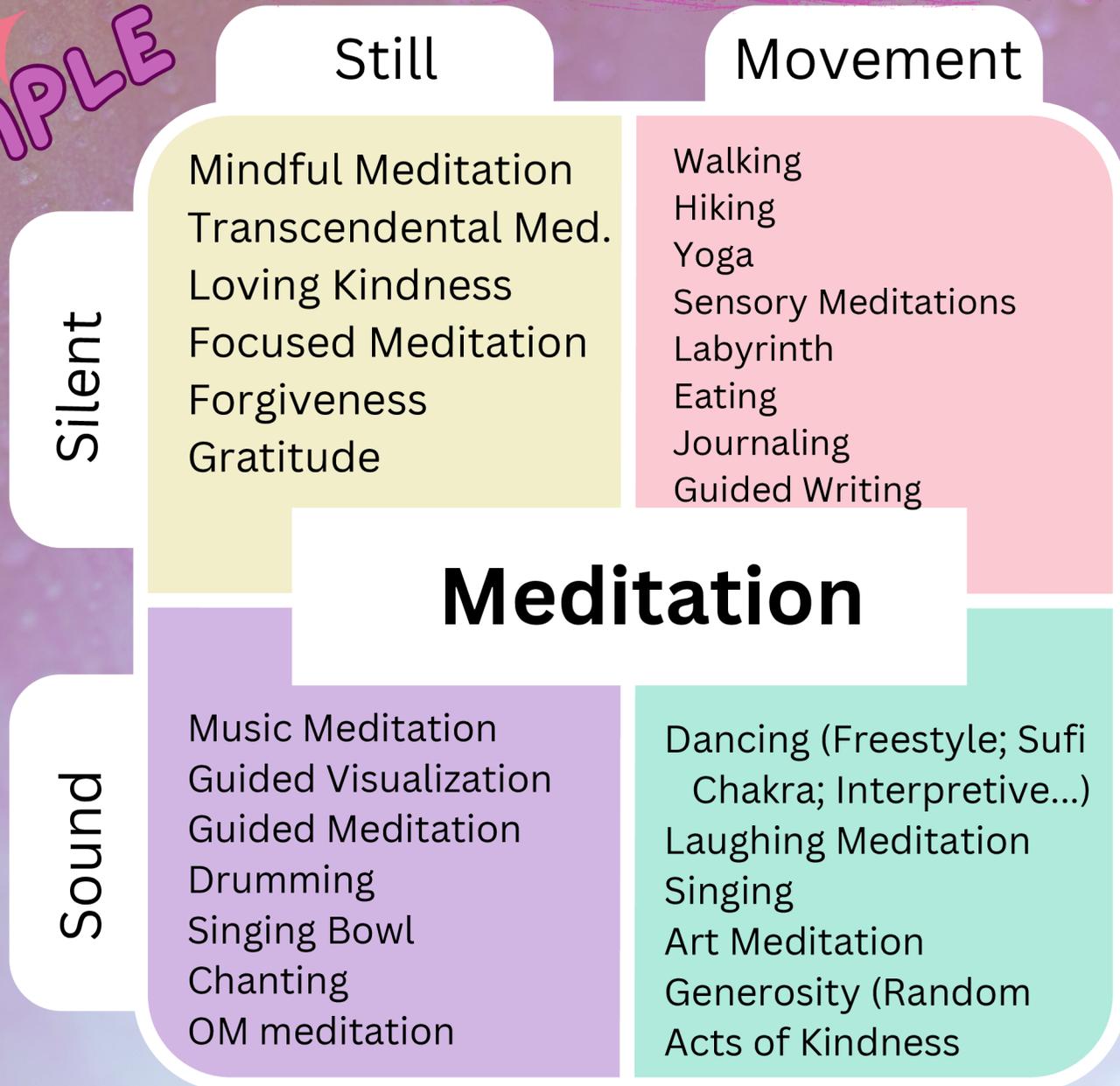
# 4-QUADRANT MODEL



*Meditation Is Medication!*

# 4-QUADRANT MODEL

SAMPLE



Meditation



is Medication!