

The Key Elements of “Meditation Mapping”

1. Put the verse(s), phrase, word, or topic to be meditated upon in the *middle* of the page. (When possible, this should be done in picture form.)
2. Allow insights, ideas, and thoughts to come *quickly and freely*.
3. Use *key words* to represent your ideas.
4. *Connect* your key word ideas to the central focus with lines
5. Use as *few words* per line as possible.
6. *P-r-i-n-t* all words for easier reading.

7. Use **COLOR** for emphasis and recall.

8. Make frequent use of **\$ymbols and pictures** in addition to words.



For more information see:

- Buzan, Tony. *The Mindmap Book*. New York: Plume/Penguin, 1996.
- Wycoff, Joyce. *Mindmapping*. New York: Berkley, 1991.