

# 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 **symbols** 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.