Deep Breath

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If your daily schedule doesn't allow for hours of meditation, try this prescription from Daniel Lee, MD, of the University of California San Diego's clinic for HIV and heart disease. Called "the Kelee," a Greek- and Hebrew-derived name for an internal human energy field, it takes five to 10 minutes twice a day. Lee says the meditation has helped reduce his patients' anxiety, stress and depression.

The Kelee involves three steps (for full instructions: thekelee.org).

1. **Two minutes:** Relax, bringing your awareness from the top of your head down through your brain.
2. **Three minutes:** Imagine your awareness flowing down to your breastbone. Think of stillness.
3. **Five minutes:** Return your awareness to the surface of your mind, reflecting on what you noticed during the meditation.

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http://beta.docker.poz.com/article/meditation-kelee-stress-14611-2803