





# 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.