

The A E I O U Of Meditation

- ◎ **A**sk Questions – Who? What? When? Where? Why? How?
- ◎ **E**mphasize different words. How does this highlight the meaning or give you new thoughts
- ◎ **I**n my own words. – Write the verse in your own words
- ◎ **O**ther references or passages. What are some other passages that are also about this topic?
- ◎ **U** – How does it apply to you? Write one thought as to how this verse can change your life.