

MEDITATE

Meaning: To meditate means to engage in a focused practice of reflection or contemplation, often for the purpose of achieving mental clarity and reducing stress.

1. Many people find it helpful to meditate in the morning to start their day with clarity.
2. She decided to meditate for fifteen minutes each day to reduce her stress levels.
3. In the middle of the chaos, he took a moment to meditate and regain his focus.
4. The ancient practice of meditation is known to improve mental health and emotional well-being.
5. After a long week, she found solace in a quiet room where she could meditate undisturbed.

Source: sentences.whatistheurl.com

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