



MEDITATION

Practice Details...

The Key

Consistency. Meditation is a journey. Do not expect overnight results but it can have huge health benefits including better sleep leading to more energy.

Required

5 minutes a day. The only lifestyle change you need to make is to find the time to do this practice.

When to practice

Everyday. Add three rounds of the deep abdominal breath at the start of your meditation.

Best if you can meditate at the same time every day and in the same place. It helps the body move into a meditative mode more easily.

Once a day is good, twice a day is better, everyday is best.

Do what you can and add time only when you feel that you can keep up the meditation with the additional time.

One of the best ways to calm your thoughts, “to still the forces of chaos within us,” as author Marianne Williamson says is through the practice of meditation. This seems like an obvious step to cultivating inner peace but it feels far off for so many people and it really need not be that way.

There are a multitude of ways to meditate and it doesn't have to be made into a big deal.

Meditation is simple, absolutely doable, and the only lifestyle change you need to make is to find the time to do it on a consistent basis. According to medical doctor and author Deepak Chopra, “meditation is the fastest way to quiet the noise of your busy life and become connected to your inner self.”

How do you know if you're doing it right? If you followed all the steps you are doing it perfectly!

But, but, but...I know, it doesn't feel like you are doing anything at all. I bet you are wondering, “Shouldn't I be having some kind of mystical experience?” No, the real benefits are not actually inside the 5-minute meditation but what happens in your daily life. Outside of the meditation you will find that you:

- Have more energy
- Have more clarity in your thinking and ability to make decisions
- You start to lose cravings and addictive tendencies
- You have healthier emotions, feel calmer, and a general sense of well being



Side Note

Sitting Meditation Mechanics:

- Find a quiet place where you will be undisturbed for 5 minutes
- Set a timer so you don't have to keep checking
- Sit in a chair with your spine erect and your feet flat on the floor
- Place your hands on your thighs, palms facing up
- You can close your eyes and focus on your breath, in and out
- Or, you can keep your eyes open and focus on something nearby like a doorknob
- Let your thoughts flow through without stopping to analyze any in particular
- When you are aware that you are stuck in one thought bring your focus back to your breath or to the doorknob

It's that simple!

•And according to Dr. Chopra your body starts to self-regulate:

- Blood pressure drops
- Heart rate variability increases (sign of not being stressed)
- Inflammation in the body decreases

What actually happens during the meditation then?

In the beginning your mind becomes filled with thoughts and you can't concentrate on your breath and/or you become restless and can't sit still. That's all good because it means that you are releasing stress.

Over time and with consistent practice you will find a quieting of the mind happens more easily and every once in a while you will have periods which are spontaneous where there is no thought, no sound, and no breath. This leaves you feeling expanded and exhilarated.

Every time you sit to do your meditation that time serves a purpose and sometimes can reflect in your outer life. For example, if you are tired and fall asleep during meditation it means you need more sleep. During true meditation you are aware and awake but not engaged in your surroundings. Being asleep is not meditating.

When you are restless it is your stress coming to the surface. Stick with it even if you keep fidgeting or looking at the clock. Over time the fidgeting will naturally subside.

It will take about 4 to 6 weeks to start to notice the benefits and you may not even see it for yourself at first. Others around you are likely to notice first and comment.

If you miss a day, a week or a month, get back to it as soon as you can. Don't beat yourself up about it. Life happens. The most important thing is to get started again.