

Meditation

Made Easy...



10 Guidelines for Meditation Success

Meditation and mindfulness have been growing in popularity. Even mainstream medicine is touting the virtues of meditation. Meditation is a skill that can be learned by anyone. However, learning a new skill is challenging. Try these helpful tips for greater success in your meditation.

01

Set and keep a daily schedule. Becoming skillful at anything requires regular practice. Meditating once a week is about as effective as brushing your teeth once a week. Make meditation a priority by reserving time each day for your meditation practice.



02

Start small. Think of meditation as exercise for your mind, focus, and patience. Controlling your thoughts is challenging. You have to walk before you can run. Start by meditating for only five minutes and build from there.



03

Meditate in a comfortable position. It's important to find a position that you can hold comfortably for at least as long as your meditation session. Discomfort is distracting and makes meditation more challenging.



04

It all starts with the breath. Making your breath the focus of your meditation has many advantages. You take your breath with you wherever you go. Also, you can control your breathing.



05

Use a timer. Worrying about the time can also be a distraction. You can avoid this distraction by using a timer. You'll have less desire to check the time and you don't have to worry about being late for another activity.



06

Meditate for one minute each waking hour. Meditating for a minute each hour will quickly cement your meditation habit. It also helps to keep you focused and relaxed throughout the day. This time would be in addition to your longer meditation session.



07

Experiment. Try meditating while walking or standing. Meditate in a chair instead of sitting on the floor. Counting your breaths might be more effective than not counting. Perhaps the morning works better than the evening. Experiment with different techniques to see what works best for you.



08

Read about meditation. Spend a few minutes reading about meditation each day. You'll learn more, stay inspired, and make meditation a bigger part of your life. There are many YouTube videos dedicated to meditation instruction.



09

Practice patience. Meditation is simple, but it's not easy. It takes time and effort to meditate effectively over longer periods. Take your time and focus on taking small steps.



10

Meditate everywhere. Meditating under ideal conditions is the easiest way to learn. But the most important times to meditate are anything but ideal. Practice meditating when you're stressed at work, the air conditioning is broken, and your boss is all over your back.



Build the habit of meditating daily. Meditation can enhance your life in many ways, both physically and mentally. It can take years to become an expert, but you'll notice benefits after just a few days. Go slowly and enjoy the process.

3 Meditation Techniques

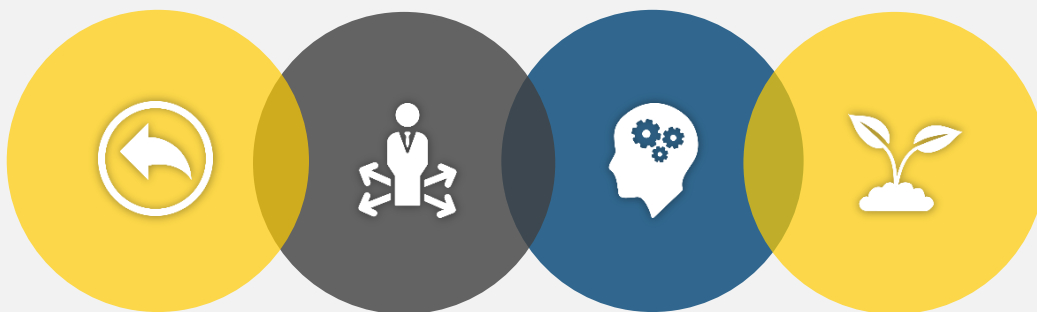
THAT FIT IN YOUR BUSY SCHEDULE

For many working adults, one of the most difficult things about meditation can be finding the time to squeeze a session into your busy schedule.

Try these 3 techniques that make meditating convenient and relaxing.

1. Meditating for Five Minutes or Less:

Eventually you may decide to devote more time and effort to meditation to realize greater insights, but even small doses can calm your mind. Each day brings many opportunities for contemplation.



Stop on red. You may start looking forward to red lights if you use them for a refreshing break. Focus on your breath and appreciate the world around you.

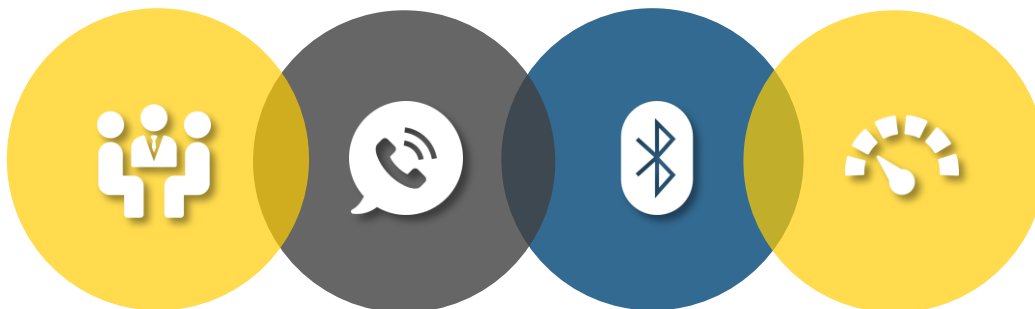
Take advantage of routine tasks. Empty your mind and your dishwasher at the same time. As you remove forks and plates, clear out nagging resentments and doubts.

Ease stressful moments. Meditate on whatever disturbs you. Being annoyed with a salesclerk who rang up your purchase without putting down their phone could remind you to listen more attentively to family and friends. Let it be a teachable moment that creates more harmony.

Express gratitude. Happy events are also worth pondering. Stop to give thanks for hot chocolate or spring flowers.

2. Meditating in Groups:

One common obstacle to meditation is that you may not find an opportunity beforehand to plan what to do. Guided sessions with a group leader take care of the agenda for you



Find a community.

Yoga studios, public libraries, and local hospitals may offer programs. Browse online or check bulletin boards in grocery stores and coffee shops. Start your own group through Meetup.

Talk with your instructor.

Effective instructors come in many shapes and sizes. Ask about why they teach meditation and how they lead a session. As long as you feel comfortable with them it may be a good fit.

Work with distractions.

Meditating in a crowded room may feel different than sitting down alone in your bedroom. If trying to screen out distractions makes it difficult to concentrate, try accepting them instead. Remain aware of your surroundings. If a door slams or a phone rings, gently bring your focus back when you're ready to resume.

Go at your own pace.

Meditation comes more easily for some practitioners, and your powers of concentration will probably rise and fall from day to day. Listen to the instructor when you need more guidance. If you already feel clear and connected, you may want to follow your own thoughts instead.

3. Meditating While Walking:

Sitting meditation usually provides the greatest benefits, but you may need to start with small steps. Walking meditation is useful for beginners or as an alternative on days when a regular session isn't feasible.



Clear an area. Stay safe by walking around your own living room or back yard. If you want a change of scenery, try a public garden with a smooth path during the work day when there's little foot traffic. Wherever you go, keep your eyes slightly open.

Scan your body. Walking automatically puts you in touch with your body. Observe your posture from foot to head. Stretch out and massage any sore spots.

Move deliberately. Take a moment to stand up straight. Lift each foot gently, and roll from heel to toe as you place it down in front of you. Align your breath with your steps. Pause frequently to create a slow and restful state of mind.

You can start a meditation practice today even if you're short on time and juggling many responsibilities. Practical meditation techniques can put you on the path to managing stress and enjoying greater peace of mind.