



MEDITATION, THE FIRST STEP TO re-connection WITH YOURSELF

Many PEOPLE DON'T UNDERSTAND MEDITATION. I KNOW I DIDN'T. WITH MY MENTAL LEAP FROG, MONKEY MIND THERE WAS NO WAY I WAS GOING TO BE ABLE TO SIT SOMEPLACE FOR ANY LENGTH OF TIME AND CLEAR MY MIND! BUT I FINALLY TOOK A 21 DAY MEDITATION CHALLENGE AND I LEARNED A LOT. IF I CAN DO IT SO CAN YOU! IT IS INVALUABLE IN MY LIFE NOW.

Here are some TIPS THAT I HAVE COLLECTED TO HELP PEOPLE GET STARTED AND NOT FEEL LIKE THEY WILL NEVER BE ABLE TO MEDITATE.

- FIND A COMFORTABLE POSITION WHERE YOU CAN RELAX. FOR SOME THE CLASSIC LOTUS POSITION WORKS GREAT. NOT FOR ME, MY BACK WOULD HURT AND THAT WOULD DISTRACT ME. I FOUND THAT LYING DOWN WITH MY KNEES BENT WORKED WELL AND DID NOT LET ME FALL ASLEEP.
- BEGIN BY JUST TRYING TO RELAX. HAVE A PAD OF PAPER THERE WITH YOU. IF YOU THINK OF SOMETHING YOU DON'T WANT TO FORGET, WRITE IT DOWN AND GO BACK TO JUST RELAXING YOUR MUSCLES. BREATHE COMFORTABLY. FOR MORE FOCUS FEEL YOUR LUNGS WORK, FEEL THE GRAVITY POINTS WHERE YOUR BODY MEETS THE CHAIR/FLOOR. BE IN YOUR BODY.
- START WITH A SMALL AMOUNT OF TIME, A FEW MINUTES MAYBE. DON'T TRY AND JUMP TO A MARATHON SESSION THAT YOU AREN'T READY FOR. MANY OF OUR PHONES HAVE TIMERS AND ALARMS. SET IT AND FORGET ABOUT IT. I HAVE A MEDITATION APP (FREE) ON MY PHONE AND CAN SET IT TO SOOTHING SOUNDS AS WELL AS A TIMER.
- IF YOU CAN DOWNLOAD GUIDED MEDITATIONS THAT IS A *WONDERFUL* WAY TO HAVE SOMEONE HELP YOU ON YOUR JOURNEY. MEDITATING

WHILE BEING YOUR OWN GUIDE WHEN YOU ARE STARTING CAN BE VERY DIFFICULT. THE GUIDED MEDITATION CAN HELP YOU STAY FOCUSED ON A SOOTHING VOICE WHILE VISUALIZING A PEACEFUL SCENE. I DO HIGHLY RECOMMEND GUIDED MEDITATIONS BECAUSE IT TAKES THE PRESSURE OFF AND YOU CAN BE CHALLENGED MORE TO GROW AND EXPLORE. I AM A VISUAL PERSON SO THEY ALSO KEY INTO MY VISUAL IMAGINATION AND THAT REALLY ALLOWS ME TO SOAR.

- IF YOU DON'T HAVE ACCESS TO GUIDED MEDITATIONS YOU CAN DO SIMPLE THINGS LIKE PICTURING A PLACE YOU FEEL AT PEACE - MAYBE A BEACH, A FAVORITE VACATION SPOT, WHATEVER WORKS. THEN ADD IN FOCUSING ON AN EMOTION. IF YOU WANT TO FEEL MORE JOY, FOCUS ON THE THINGS THAT BRING JOY INTO YOUR LIFE. BRING BACK JOYFUL MEMORIES. YOU CAN EVEN DIG DEEPER WITH THAT AND THINK ABOUT WHAT WAS ACTUALLY CAUSING THE JOY. LET YOUR MIND INVESTIGATE. JUST TRY AND STAY FOCUSED ON THE JOY AND NOT LET IT WANDER...CONTROLLED WANDERING! ;) IF IT DOES WANDER THAT'S OK, ACKNOWLEDGE THE DISTRACTION AND LET IT GO. GO BACK TO WHAT YOU WERE FEELING.
- IF YOU ARE A LIST MAKER AND WANT TO FEEL BETTER, WHILE YOU ARE RELAXED GO THROUGH A GRATITUDE LIST. LIST EVERYTHING YOU APPRECIATE IN YOUR LIFE. CHALLENGE YOURSELF WITH NOT BEING THANKFUL FOR THE SAME THING TWICE, EVERY NIGHT OR MORNING A DIFFERENT LIST. THAT'S NOT TO SAY THAT YOU CAN'T COME UP WITH MULTIPLE THINGS TO BE GRATEFUL FOR IN YOUR LOVED ONES, PETS, GARDEN, SPORT, ETC....
- THERE IS REALLY VERY LITTLE DIFFERENCE BETWEEN PRAYER AND MEDITATION. IF THAT WORD MAKES MORE SENSE TO YOU USE IT. BUT I SUGGEST THAT YOU FEEL YOUR PRAYER MORE. WORDS ARE LIMITING; THINK OF EMOTION RADIATING OUT OF YOU IN YOUR PRAYER. EMOTION TAKES THE EXPERIENCE DEEPER!
- YOU CAN USE AN AFFIRMATION, THOUGHT OF THE DAY, BIBLE VERSE, POEM, ONE WORD, ANYTHING LIKE THIS THAT RESONATES WITH HOW YOU FEEL RIGHT NOW OR IS A SLIGHT IMPROVEMENT. MANY PEOPLE DON'T RELATE TO AFFIRMATIONS BECAUSE THEY THINK THEY ARE FORCED POSITIVITY. YOU CAN'T FORCE AN EMOTION YOU AREN'T RESONATING. IN OTHER WORDS, THERE IS NO WAY TO JUMP FROM DEPRESSION TO JOY USING AN AFFIRMATION, NO MATTER HOW MANY TIMES YOU REPEAT IT. BUT YOU MAY BE ABLE TO MOVE FROM DEPRESSION TO ANNOYANCE. AND WHILE THAT MAY NOT SOUND GREAT, IF IT GIVES YOU RELIEF FROM WHERE YOU ARE IT'S A POSITIVE THING.
- THERE ARE MANY WAYS TO MEDITATE AND IT TAKES PRACTICE LIKE ANYTHING ELSE. IT DOESN'T HAVE TO BE AN EMPTY MIND FOR AN HOUR

IN LOTUS POSITION. START SIMPLE. FOCUS ON BREATH. FOCUS ON WHERE YOU ARE. MAKE IT A CONCENTRATED DAYDREAMING SESSION. MAKE IT YOUR OWN AND EXPERIMENT.

- REMEMBER THIS IS ABOUT CONNECTION TO YOURSELF. CONNECTING TO YOUR TRUE SELF, YOUR HIGHER SELF, TO THE DIVINE EVEN. ONCE THAT CONNECTION IS PRACTICED IT CAN HELP GUIDE YOU WHEN YOU FEEL LOST, IN NEED, OR JUST DOWN.
- ONCE YOU GET MORE COMFORTABLE WITH CONCENTRATING AND KEEPING THE FOCUS FOR LONGER PERIODS OF TIME YOU CAN USE MEDITATION TO SEND GOOD ENERGY FORWARD TO PRE-PAVE THE WAY TO A GOOD DAY!

HOPE THIS HELPS! MEDITATION SURE HAS HELPED ME. I USE IT DAILY AND I CAN ALWAYS FEEL WHEN I HAVEN'T!

THESE TIPS ARE A GREAT START BUT OBVIOUSLY THERE IS ALWAYS MORE TO LEARN. FEEL FREE TO CONTACT ME, READ AND COMMENT ON MY BLOG, OR SIGN UP FOR ONE ON ONE COACHING!

SENDING YOU GREAT INTROVERT ENERGY,

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