

Meditation Madness

According to Wikipedia: Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. I prefer an easier idea, Meditation is in the moment, it is awareness, attention, compassion and consistent. Meditation allows you the ability to treat medical issues in an all natural, healthy way, it allows you the opportunity to dramatically transform and change your personal perspectives on life. Meditation is short has life changing effects, benefits, and brings about balance/clarity.



The steps to meditation are straightforward and anyone can do it, it will not be easy at first as it is not something that your mind and body are used to doing but like all new habits, it becomes second nature the more you practice. I promise, the practice of meditation is an easy and enjoyable experience. Try the steps below to become your BEST self today.

- # 1 - Find a comfortable space that makes you happy, calm, relaxed and peaceful
- #2 - Create a comfortable position for your body and close your eyes
- #3 - Focus on your breathing, slow and full breath in and out
- #4 - Let your thoughts wander in and out of your mind, try not to focus on any one thought
- #5 - Just be still, be in the space, be in the moment, absorb the positive vibes around you
- #6 - Meditate a minimum of 5 minutes (it will seem like forever at first) and work your way up to 15-20 minutes when you are able to control your thoughts, body and breath
- #7 - Be persistent: keep practicing, try to meditate daily even if you can only get 5 minutes in
- #8 - Embrace the new YOU that evolves and emanates.

Good or bad meditation isn't an option, only awareness or non-awareness. Focus on your breath and this will help you to hone into your "awareness". With practice, the periods between your mind racing and relaxing will get longer and longer and the awareness will come with very little effort. If your mind wanders or gets distracted, go back to your breath and focus on this. You can also try using a mantra (a chant, word, phrase) that involves you and your connection to self, others and the world around you. Internal chants help us to reach a higher level of consciousness while meditating and brings us to a higher stage of self acceptance.

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