

Meditation

MADE SIMPLE



Try to give attention to your body for about five to ten minutes for each session. The meditation will become deeper with practice. Everyone knows that meditation is a good way to alleviate stress. But, for some people, meditation remains elusive. Some individuals would like to meditate, but don't know how, and others say they have tried... and just can't. Try these simple techniques to step out of your daily life and begin restoring your physical and emotional health through meditation.

Just 10 Minutes

Sit down — right where you are, whether it is on the grass, on the floor or on a chair. Close your eyes. Now, start to relax your body. Pay attention to what it feels like to sit down. What does the surface feel like beneath you? Is it hard, soft, cold or warm? Be aware of these sensations and your body. Curiosity makes for successful meditation.

Relax further, paying more attention to your body's sensations. Do not think or try too hard. If you find yourself trying too hard — go back to paying attention to what it feels like to sit down. There are no rules. Try to give attention to your body for about five to 10 minutes for each session. The meditation will become deeper with practice. For beginners, try meditating two to three times a week and increase gradually as you feel comfortable.

Guided Meditation

If you would rather have some assistance, there are a number of guided meditations available on the Internet, for download or that you can purchase on CD. In a guided meditation, all you need to do is follow the instructions. Get comfortable and listen to what your guide is telling you. Try different guided meditations. Once you find one you like and feel is helpful to you, stay with it.

Benefits of Meditation

Deep relaxation through meditation is widely recognized for lowering blood pressure and reducing physical and mental stress. Guided meditation has also been reported to accelerate healing, encourage positive thought, increase relaxation and promote better quality sleep. Physicians have even seen changes in the nervous system and increased productivity of the immune system in patients.

When to Meditate

Many people like to meditate right after they get up as part of their morning ritual. You can take a 10-minute break at any time during the day to escape to a quiet place and meditate. If you are having trouble sleeping, a 10-minute meditation before bed could aid in the quality of sleep.