

Meditation Hints

Meditation is a powerful tool to create the happiness, productivity and ease in life that we yearn for, and it's easier than you imagine. Meditation is a skill that is mastered in the same way we learn to read or ride a bike...what starts off as unfamiliar becomes second nature in no time at all, with just a little practice.

The benefits of meditation are extensive: from health and wellbeing to increasing memory, concentration and productivity. Meditation encourages the mind to let go of the dramas of the day, to become still for clarity. The quieter we can make our mind, the greater the capacity we have to access our intelligence, skills and capabilities. You'll sleep better, be happier and your relationships and life will reflect it.

Stress has become such a part of our everyday lives and its effects are both unhealthy and often far reaching. Our minds are never still, so busy thinking about the never-ending list of things to be done, planned for and combined with our everyday pressures, it's a recipe for existing through life rather than living. Meditation is easy, in fact you've probably slipped into that state of nothingness when exercising or even whilst doing the housework. So, get meditating, you'll feel amazing!

Some of the benefits of regular meditation include relief from insomnia, pain, stress, high blood pressure; and improved concentration, memory, posture, relaxation, libido and patience.

How to Meditate?

Find a space free of distraction and interruptions. Get comfy, and give yourself permission to relax. Take some nice big deep breaths, and focus on it moving in and out. As you breathe, just allow your body to let go, to relax into where it's sitting or lying. Notice any annoying thoughts, worries and irritations as you breathe, and allow them to float away. They'll wait till later, you can relax. This will get easier with time. As the thoughts disappear, it'll be replaced with a peaceful feeling which will happen more quickly as you become more practiced. Sometimes you'll disappear into nothingness and time will stand still, sometimes you may have dream-like or imaginary experiences. Enjoy this space. After a while (you decide how long) you can imagine yourself sliding back into your body, becoming aware of how your body feels. Wriggle your toes and rub your feet on the floor. Rise slowly and have a glass of water. Congratulations on honouring yourself and making time to meditate, time for you! Look forward to seeing you again soon!

Hints!

- ♥ Meditation is simply about breathing out your thoughts, focus on this first!
- ♥ Don't allow anything to annoy you. Focus on noise or voices until the sounds disappear
- ♥ Try to meditate as often as you can, the more you do the better you'll feel
- ♥ Try not to have any expectations; regardless of what happened last time, it makes it harder!
- ♥ It's only as hard as you believe it is, so simply change your thoughts to "I can do this"
- ♥ Try staring into a candle, and using aromatherapy or incense to set the mood
- ♥ Grab a rug or blanket to stay warm, as your body temperature will drop a bit as you relax
- ♥ You don't need a specific place or environment, just one where no one will be bothering you
- ♥ Check out Karina Godwin's Guided Meditation CD's on iTunes, Google play or karinagodwin.com
- ♥ ENJOY!!! This is time out for you, make the most of time where no one is hassling you!

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