



Meditation Benefits

You No Longer Have Excuses To Practice Meditation



Without a doubt, you've probably heard about the many benefits of practicing [meditation at home](#), but for many who are new to meditation, it is a frustrating and overwhelming experience, and they feel like they are simply wasting their time.

However, once [you remove](#) the obstacles that prevent you from having a fruitful meditation session, you will surely feel much more positive. Read on to find out how to [do a morning](#) meditation session and find out what you can get out of it.

How meditation affects your body and mind

[Meditation](#) is the perfect tool to help you maintain a healthy balance between your body and your mind. It is a simple technique that you can perform [anywhere and](#) at any time. As with any constructive activity, the more you practice, the more positive effects you will notice in your life.

According to the American Psychological Association, about 40% of people make [poor dietary](#) decisions or overeat (or both) as a result of high levels of stress, while 46% of people have trouble sleeping at night for the same reason.

However, if [these people](#) had made morning meditation sessions a part of their lives, then their stress levels would likely have been lower, significantly increasing their [chances of making](#) healthy dietary decisions and getting a good night's sleep. . This is because meditation is the key to obtaining not only a clearer mind but also a cleaner body.

A Harvard [study explained](#) how meditation can lower levels of anxiety and stress, which in turn helps minimize inflammation within our bodies, improve concentration, lower blood pressure, and regulate our thoughts and decision-making processes.

In addition to all this, [meditation also](#) helps you to embark on the path to inner peace, which is the kind of peace that many spiritual traditions are concerned with and that exceeds typical human understanding. One of the main goals of meditation [should be](#) to tune in to yourself, which means that you will have to get in touch with the energy of "oneness".

Meditation is a [technique that](#) you can use to enter the space between each of your thoughts. Between every thought you have, there is a stillness, which is said to be the gateway to the infinite mind, which is where certain individuals have felt a divine connection.

Get rid of obstacles to morning meditation

If you find yourself resisting the idea of morning meditation for whatever reason, here are some ways to overcome the most common complaints:

"I do not have enough time".

Many people [incorrectly believe](#) that meditation should last at least half an hour. However, this is simply not true. You can start your daily routine by meditating for as little as five minutes each morning. The more [you practice](#), the more you will find that your daily practice begins to spread, and if you really don't have more than 5 minutes, you will still reap more rewards than you would skip.

"I can't stay still."

You don't necessarily have to sit still to have a fruitful meditation session. In fact, Dr. Kelly McGonigal suggests that such people should try a ten-minute [walking meditation](#) instead. This involves walking for ten minutes while spending a minute focusing on [each different](#) feeling or stimulus you meet, such as breathing, contracting muscles, landscapes, sounds, smells, the feeling of the wind against the skin, etc.

"My mind doesn't stop."

It is normal to feel frustrated as a newcomer to meditation. However, altering your expectations will easily help you [overcome that hurdle](#). Try to focus on making small improvements from one session to the next. In this way, you can slowly begin to understand your inner workings and learn to constructively change negative thoughts.

Simple techniques for morning meditation

There are [thousands of different](#) meditation techniques, so if one doesn't really feel right for you, keep trying different ones until you find one that really clicks. Here are some of the simplest to get started:

1. Breathing Meditation - The standard form of meditation, just sit or lie down and focus on your breathing.

2. Mantra meditation: [similar to breathing](#) meditation, but instead of paying attention to your breath, you simply repeat a word or phrase over and over. You can find many traditional spiritual mantras online, but many people like to make up their own mantras that have a deeper meaning to them.

3. Looking at a candle: Ideal for people with short attention spans, this type of [meditation simply](#) involves looking at the flame of a candle for as long as possible. If a thought pops into your head, just dismiss it and refocus on the candle.

4. Guided Meditation: Some people like to be guided by a person's voice or meaningful music. There are many resources available online, and there might even be a meditation class

available in your area.

5. Mindfulness Meditation: Mindfulness is about being aware of [what is happening](#) in the present moment, including sights, sounds, thoughts, and feelings. It can be done with your eyes open or closed, but it is important not to judge anything.

Setting up your first-morning meditation session

The best time to [meditate is first](#) thing in the morning, even before [brushing your](#) teeth or having a cup of coffee. This will ensure that you prepare for a calm day. If you're not sure where to start, just follow this guided meditation session:

1. Choose a good place: Find a place free from distractions that is as quiet as possible. If you want, you can add candles, incense, background music, or even spread a relaxing essential oil to make the place more comfortable.

2. Pick a schedule: Pick a schedule that works for you and commit to sticking to that schedule every day.

3. Wear comfortable clothes: your pajamas are the best.

4. Make yourself comfortable: If you choose to meditate while sitting, cushions, sofas, or chairs should be ideal. Try to keep your back straight and [avoid using any](#) of the complicated yogi postures as a beginner as they will only serve to distract you from your inner purpose.

5. Set a timer: Without one, it will keep you constantly worrying about how much time has passed.

6. Start with 5-7 breaths: make sure they are long and deep so that you can release any internal tension before beginning.

7. Choose an object of focus: it could be your breath, a candle flame, a mantra, a feeling, or something else.

8. Keep backtracking every time you lose focus - it 's perfectly normal for you to be distracted from your object of focus, especially as a beginner. As soon as you become aware of a

distraction, make a conscious effort to get back to the task at hand and you will [become much](#) less distracted over time.

9. Congratulate yourself: When you're done, it's important to acknowledge and honor yourself for taking time out of your day to meditate. Don't expect immediate results, but know that your efforts will really pay off in time.

Meditation For Beginners: How To Do Scanned Meditation



The benefits of meditation are widely known by now - better sleep, stress relief, [pain reduction](#), and better overall mental well-being are just a few impressive mentions. As most people know, meditation aims to increase your self-awareness, both physical and mental, to help release any potential tension in the body and mind.

One of the [easiest ways](#) to achieve that goal is through a body scan, a meditative technique that teaches you to examine the different sensations that you may [experience in](#) your body and to mentally let go of those sensations, thus freeing yourself of the mental burden to provide relief.

All of this may sound [quite complicated](#), but in reality, the technique itself requires no prior preparation and equipment, and only takes a few minutes every day. Learn how to do a body

scan in this short, informative article.

Tips for beginners

Before we show you [how to complete](#) a body scan step by step, we wanted to give you several tips that will help you get the most out of a body scan. First of all, the environment:

[we recommend](#) that you start in a quiet place that is conducive to introspection, but over time, you will be able to meditate anywhere, be it your home, nature, place of work or your daily public transport.

We recommend that [you meditate every](#) day, in this way, you will learn how it works faster and, therefore, you will see the effects earlier. Don't be discouraged if the first few times you don't see an immediate effect from meditation.

Like any skill, it takes [time to cultivate](#). Think of meditation as an exercise for your mental self. Like any exercise, it requires repetition and practice for you to notice any beneficial changes.

[Fortunately](#), unlike exercise, people generally begin to observe the effects of meditation much earlier: in a few weeks of daily practice, you will begin to experience better concentration, feel less stressed, and have a more positive outlook on events happen in your life.

How to Practice Body Scan Meditation

This meditation practice lasts between 5 and 15 minutes to a full hour, but the basic steps are the same. Are here:

- 1.** Get into a comfortable position: Lie down or sit in a stable position, either on the floor, in a chair, or with your back against a wall.

- 2.** Slowly close your eyes and [pay attention](#) to your breathing. Notice how you feel when you inhale and exhale, how your chest expands when you fill your lungs with air, and how you tense when you remove the air from your lungs.

3. Pick a point on your body where you would like to start. [Traditionally](#), you want to start at the top of your head and go down your entire body, but you can also start from any other part of the body. Continue to breathe deeply and direct your attention to that place.

4. Check if you feel any tension or pain in the part of the body you chose. For example, [if you choose](#) your head, do you feel that it is heavy? Does breathing make you a little dizzy? Are your facial [muscles tense](#) or relaxed? Are you frowning or smiling? Open your mind to any sensations that may arise, whether they are pleasant, painful, or irritating.

5. Gradually shift your attention downward, as if you are meticulously [scanning each](#) part of the body inch by inch. Spend time (20 seconds - 1 minute, on average) to experience the sensations in each part of the body, eg. Eg from head to neck, shoulders, etc.

6. If you [encounter](#) a sensation of pain or discomfort at any point in the body scan, observe it and accept whatever feeling it may cause without any judgment, [frustration](#), or anger. Allow these feelings to go away on their own, in the same way that they appeared alone. Watch how, with each breath, the anger, pain, and tension slowly fade away.

7. Move to the next area and visualize in your mind how your focus shifts from one point to another, [continuing the](#) scan until you have given each part of the body, each cell of your body a moment of your attention.

8. If your mind [wanders at any](#) point on the test, don't worry and don't feel bad, it is likely because your unconscious self is trying to avoid dealing with unpleasant emotions and sensations. Just go [back where](#) you left off and continue.

9. Once you are done, visualize your whole body, see how you feel breathe now compared to when you started. Take a few more deep breaths and then slowly open your eyes and find your surroundings, refreshed and awake.

These Are The 4 Best Ways To Meditate



Meditation is well established throughout the world today, and its health and [wellness benefits](#) extend far beyond the calming properties, and have a beneficial effect on everything from insomnia to high blood pressure and memory.

And while it is clear that we can all reap some rewards from meditation, some of us may [be intimidated](#) by the idea of having to sit in the lotus position for long periods of time.

This is completely understandable, as few can describe the twisted [cross-legged](#) position as comfortable. However, knowing how to sit in the lotus position is not necessary to start and maintain a meditation practice.

In fact, there are many accessible meditation positions to sit, stand and even move, you can try to [enjoy meditation](#) and get all its benefits comfortably.

Here we will focus on the best static meditation positions to try, but we also have a great guide to **walking meditation** that you should definitely read too.

1. Lying down

Let's start with the [meditation position](#) that we can all do comfortably: a lying position. Those of you who have ever tried yoga will recognize this position as savasana, or the corpse pose, as it is an essential asana in yoga that ends every yoga practice. But a lying position is not only reserved for yoga, anyone can meditate in savasana.

Keep in mind [that meditating](#) in this way can cause drowsiness, and you should focus on your breathing and pay attention to the different areas of your body to keep an active mind and not fall asleep. An [excellent technique](#) to practice is a body scan, where you focus on one part of the body at a time, moving your attention from the tips of your fingers to the top of your head.

Although you might think you don't need instructions for savasana, alignment is crucial even in this seemingly simple pose. Here are some points to consider:

- Start by spreading a yoga mat or thick blanket on the floor and lying comfortably on your back. A small pillow or yoga block can be used to support the head if necessary.
- Stretch your legs and lie down on the floor, feel the support of the floor.
- Your hands can also be stretched up like a starfish. Alternatively, you can put one hand on your stomach and the other on your chest to watch your body move when you breathe.
- Once you find a comfortable and relaxing position, you can start the body scan or focus on your breathing.

2. Sitting meditation

Any comfortable [sitting position](#) can become your meditation posture. You can bend your legs into a crisscross position or even sit in a chair if sitting on the floor, block, or cushion is not comfortable for you. The most important element to consider is not the position in which you are sitting, but rather how straight your spine is in that position, because slouching will not allow you to sit comfortably and breathe deeply.

If you are sitting on a yoga mat or mat and you find it difficult to sit up straight and you feel pulling or discomfort in your lower back, you can raise your pelvis above your knees by sitting on a stack of books, a block of yoga or a cushion.

Once you find a comfortable position, either on a chair or on the floor, lift your chest and lower your shoulders to further extend your spine and look slightly higher than nose level to keep your neck straight.

Place your hands on your thighs, knees, or wherever they naturally fall. Relax your jaw, lower your chin a little and close your eyes. You should feel the support of the floor and feel comfortable when you start to breathe deeply and start meditating.

3. Kneeling position

If you feel like sitting on the floor is putting pressure on your tailbone or is hard on your spine, you can try the kneeling position, which makes it easier to keep a straight spine while you meditate. Keep in mind that this position can be difficult for people with knee problems and you may feel a strong stretch in your feet when you start meditating in this position.

You can relieve stress on your knees and feet by propping both up with a blanket or pillow. In this position, it is important to relax your shoulders and keep your gaze straight so as not to put excess weight on your knees. People with knee injuries or foot problems should avoid this position.

4. Standing meditation

The last suggestion we will leave you with is a standing meditation practice. While this position can make it difficult for some people to relax and enter a state of deep meditation, it also has many benefits. For one thing, it's easier on your spine, knees, and feet, as it doesn't require a lot of flexibility.

Standing meditation is also beneficial for those whose minds tend to wander and fall asleep easily or get distracted while meditating in other positions, as standing will require more mental

concentration. Lastly, standing meditation will help strengthen your body in the long run.

To meditate standing up, follow these tips:

- Spread your feet shoulder-width apart, bend your knees slightly, and feel how this helps your feet stay firmly on the ground.
- You can activate your core muscles a bit to help straighten your spine and get the energy going. Then relax your shoulders and neck, looking directly to keep your spine straight.
- Put your hands together in a prayer position at the level of your heart to help you stay focused. Press your hands lightly against each other to open the chest area.

When meditating standing, we advise you not to close your eyes. Instead, focus on a specific object, a focal point, this will help you maintain balance in the body. Meditating in any position, an interesting point to remember is to focus on the sensations of the body. Find the parts of the body where you feel tension or pain, and use your deep exhales to relieve that tension.

5 Mindfulness Methods That Will Improve Your Well-Being



Most of us tend to perform our daily routines similarly every day. We are so used to this daily rhythm, to the point where our actions can become automatic: we can spend a whole day robotically, following the same fixed orders that our brain sends us. But shouldn't you be the one controlling your mind instead of vice versa?

What is mindfulness?

A good way to regain that control is by practicing mindfulness. This technique originates from Buddhism, and began to gain popularity in the west in the late 1970s when it was incorporated into medical practices and mental health treatments. Today, mindfulness programs are applied in schools, hospitals, and even prisons around the world.

This list contains 5 moments in life when mindfulness can be helpful, with practical tips on how to implement it.

1. Mindful morning routine: set a goal for the day

When we get out of bed mindlessly in the morning, without a guiding thought or a specific goal for the day, we give our minds "permission" to operate through the subconscious. When that happens, our decision-making process is aimless and can feel random or meaningless.

You can overcome that feeling by creating a mindful morning routine. Instead of checking your phone and your e-mails first thing in the morning, try to do the following:

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You can overcome that feeling by creating a mindful morning routine. Instead of checking your phone and emails first thing in the morning, try the following:

1. When you wake up, sit on the bed for a few moments :

close your eyes and feel the sensation in your body when you are sitting. Feel the weight of your body and the softness of your bed. Make sure you are sitting upright.

2. Take 3 deep breaths : inhale through your nose, exhale through your mouth. After that, let your breath take its natural course and listen to it. Pay attention to the movements that occur in your body when you breathe: how your chest and abdomen rise and fall.

3. Ask yourself "What are my intentions today?" - Think about the people you are about to see today and the activities and tasks you will do. What are your intentions? Maybe leave others with a positive impression of you? Or do you feel more comfortable in your interactions?

4. Set a goal for the rest of the day : for example, "Today I will be kind to myself, cheerful and patient with those around me."

5. Check it out during the day : stop what you are doing every now and then, breathe and remember the goal you set in the morning.

Practicing these steps over time can lead to an overall improvement in your mood and relationships.

2. Mindful eating: enjoy every bite

It's easy to get distracted while eating and keep up with chewing and swallowing. However, eating is one of the most pleasant moments of our day, and it would be a shame not to fully savor it. Mindful eating will allow you to have a richer and more satisfying experience. In addition, it is a good way to control the amount of food you eat, since each bite will be more meaningful and important in your mind. Here are the steps to mindful eating:

1. Breathe before you start eating: busy schedules make us move from one task to another without taking a moment to breathe. Keep that awareness in mind, and before starting your meal, take a moment to take a deep breath, calm yourself, and allow your body to shift into a state of eating. Sit comfortably, slowly take 8-10 breaths and only then move on to the next

stage.

2. Listen to your body: after you breathe, become aware of its physical sensations, mainly in the stomach. Ask yourself: "How hungry am I on a scale of 1 to 10?" You can also ask why he is hungry; Do you have an empty stomach? You're bored? Try not to think about the last time you ate and only listen to your physical sensations in the present moment.

3. Eat according to your level of hunger: now that you know your feeling of hunger and your reasons, you can better choose what and how much you want to eat.

4. Eat calmly : don't try to finish your meal quickly. Eat slowly and breathe between bites.

5. If you are not enjoying yourself, don't force yourself to continue : for the first 3 bites, feel the taste and texture of the food and think how much you enjoy what you are consuming. If you find that you are not experiencing joy, just stop eating. You will find that if you practice this step, even sweets sometimes become less attractive.

3. Consciously falling asleep: meditate to sleep better

The busier our lives, the harder it can be to fall asleep. A constant stream of thoughts and worries is taking over our minds as we try to relax. Consciously falling asleep, which has proven helpful for a large portion of the population, is accomplished through the practice of meditation before bed.

1. Dim the lights : You should do this as early as an hour before your planned sleep time. Lighting plays an important role in calming our thoughts.

2. Avoid screens: Once you've considered the lights, you can do a relaxing activity outside of your bed, but try not to look at any screens:

phone, computer or television. The light they produce can keep you awake and alert.

3. Meditate : 10 minutes before going to bed, begin a

concentrated exercise of mindfulness. If you are new to meditation, there are many great apps to help you get started. You can refer to this article on sleeping apps to find the one you need.

4. Conscious free time: reconnect the brain

Experts say that approximately 95% of our daily actions are performed on "automatic pilot", in a process controlled by the "fast brain". The neurotransmitters that control our repetitive habits do so so efficiently, and that's what makes breaking a habit (for example, smoking) difficult. Mindfulness is the exact opposite of automatically giving in to habit, and when we practice it, we use our "slow brain."

The more you practice, the stronger the sense of control over the mind becomes, and new habits can be formed. But there is a problem. While our "slow brain" is doing the work, the "fast brain" is still trying to make us take shortcuts. To remind ourselves that we are the ones with power over our minds, we can take a number of steps:

1. Create a motivating environment: If one of your goals for the day is to stretch instead of sitting on the couch watching TV, place your exercise mat in the middle of the living room. It will remind you of your decision and invite you to take action.

2. Mix up your motivational methods: The advice above could work for a week or so. After that, the "fast brain" will ask you to go back to your old habits, and it will be harder to resist giving in. So you need to brush up on the ways in which you are motivated to take action. For example, instead of placing the rug in the living room, post a note on the TV screen that says "10 minutes of stretching."

3. Intentionally create new thought patterns: Create a new thought pattern using the "X means Y" model. For example, if you want to be more relaxed and happy when you get home from work, repeat the mantra "Walking through the door means a smile." If he's nervous about making phone calls, repeat "phone calls mean deep breaths." This intentional conditioning will help you become more aware of your actions and behaviors, using

your "slow brain."

5. Mindful driving: keep calm on the road

There is nothing more irritating than being stuck in traffic. The thought of being late for work or being stuck for hours initiates our "fight or flight" response. Some of us feel like we are "going crazy" on the road and say or do things that we would not normally have said or done. The worse the traffic jam, the higher the stress level. It may not seem like it, but that's really the perfect time to try some mindfulness techniques, which could help you balance your mood and change your perspective on your current situation.

1. First of all, take a deep breath - It may sound cheesy and simplistic, but breathing oxygen into your body helps reduce stress levels. As you breathe, remember that the choice is yours and you choose to remain calm.

2. Ask yourself what you need : If you need to regain your composure, try to notice exactly how you feel in each part of your body and find the parts that are tense. If you need a sense of security, remember that even if you are late for work, everything will be fine. If you are 15 minutes late, you can stay an additional 15 minutes at the end of the day; every problem has a solution.

3. Look around you at other drivers : everyone on the road wants to feel safe and calm, but not everyone can. Try to find a driver who sits the same way you do, to understand what a stressed driver looks like from the outside. You can find people managing the stress of the road by singing in the car or even smiling. When you see them, you will instantly feel better.