

Meditations

Spend 10–20 minutes once or twice a day in a comfortable place letting yourself relax and focusing either on one thought or image only or simply being aware without thinking. Use the strategies below to distract your mind from thinking in dialogue and increase your awareness of what is present now. Escape unwanted repetitive thoughts and use part of this time to focus on and broadcast your intentions for your day and your future. Remember that positive thoughts are much more powerful than negative thoughts.

You may wish to focus on healing, peace, love, success, increasing your wealth, or blessings towards someone you wish to help. Research shows that spending as little as five minutes a day relaxing lowers your physiological signs of distress by as much as 5–6 hours. Make this a regularly scheduled practice and for a month and notice the difference.

Begin your practice by focusing on your breathing, alter your breathing as follows as you employ one of the techniques below. Breathe all the way in, from your belly up into the top of your chest, pause briefly, let it all out, pulling your belly button towards your spine as you fully exhale. Now wait until you feel the need to breathe again, usually about 5 seconds, and repeat. Some people get good results just focusing on their breathing without using the strategies below. Others find that their minds are too busy and distracted and need something to do with their conscious thought train in order to disrupt the endless chaotic flow into something simple and focused.

Simple strategies to occupy your conscious thought and change your state of mind:

1. Secret seven breathing– inhale counting to seven, count to seven again before exhaling, count to seven as you exhale, count to seven before inhaling again and repeat seven times. Most people lose count in the process but that's okay, sometimes you have to really lose yourself to find what you really are.
2. Let yourself have all your thoughts. Don't fight it if you can't stop thinking. Just let your thoughts go and watch them until they run their course.
3. Go outside your body– expand your awareness, using all your senses, attend to everything you can hear and feel from your surroundings.
4. Pretend you are a cat waiting at a mousehole for the mouse to come out. This kind of tricks your busy mind into thinking it has something to do while it is placed on hold.
5. Go down inside yourself and really notice the sensations in your body. Pay attention to where you feel energy, like in your hands and feet.
6. Picture a word or phrase and go between two of the letters– project yourself into that space.



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