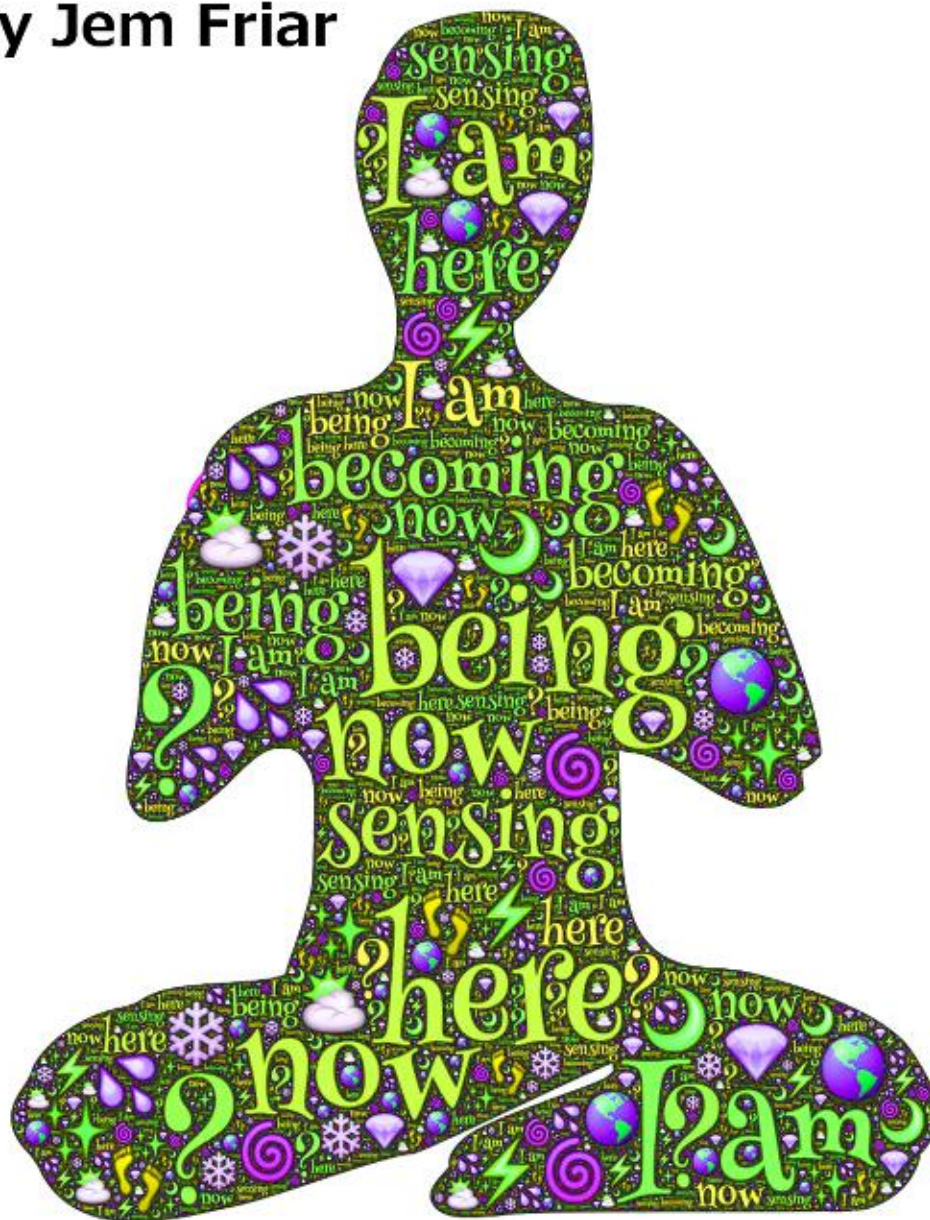


The 21 Best Tips To Help You To Meditate More Easily

By Jem Friar



The 21 Best Tips To Help You Meditate More Easily

Meditation can have such a profound effect on your health, happiness and well-being that it makes incredible sense to explore it and to learn to do it regularly. These tips are to help make the exploration and practice of meditation much easier for you.

1. Be comfortable – but not too comfortable

It is important to be comfortable whilst meditating, otherwise discomfort or pain will inevitably distract you. On the other hand if you are lying down or have lots of cushions supporting you, you may find that it is too easy to start drifting into more of an unconscious sleep state.

2. Have good posture

It can be helpful to have your back as straight as you comfortably can without causing stress or strain. To do this in a relaxed way imagine the top of your head reaching up to the sky.

3. Meditate when you first wake up

Meditating first thing in the morning is the best time to meditate. It is easier at this time and it will have a greater impact on you throughout your day.

4. Meditate for 10 minutes or more

It is not necessary to meditate for hours at a time. Even just meditating for 10 minutes can have a profound impact on your life (especially if it is the first 10 minutes of your waking morning). Only start to extend the time of your meditation when it feels like it is too short as it is.

5. Have a specific meditation space.

This may be a room or a particular cushion to sit on. You may like to have a candle there that you can light every time that you meditate or some other type of simple ritual that

will help you to focus your mind.

6. Make sure that you will not be disturbed

Make this time sacred for yourself. Try to keep this time and space free from children, ringing phones, gadgets, burning toast, whistling kettles and talkative friends and family.

7. Stretch first

This can help you become more present to the experience of being in your body as well as help you to be more comfortable when meditating.

8. Silence or sound?

Learning to meditate in deep silence is very valuable. However, you may find that a very simple background sound that varies very little, like the sound of Tibetan bowls, can help at first. Recorded guided meditations can also be really helpful as they keep you focused and enable you to explore a specific practice more precisely.

9. Meditate with a relatively empty stomach

It is best not to try to meditate after a heavy meal as this can be distracting.

10. Use your breath

Having an awareness of your breath can be a very simple and easy focus for your meditation. We are always breathing so we can always come back to placing our attention on our breath. Watch it with curiosity – be interested in how you are breathing and how your breathing changes as you meditate.

11. Create new neural pathways

Whenever you notice that your mind has wandered off from your meditation just gently turn it back to focus once again. When we begin meditating we will notice that uninvited thoughts keep popping into our minds. The nature of thoughts (and emotions) is that they arise and then pass away again, so when they do arise just let them go and return to your meditation.

Imagine your inner “wise self” whose job it is to keep bringing your focus back, to be like a kind, compassionate and loving parent looking after a rambunctious and easily distracted child (your untrained mind). The more times that you do this, the clearer the neural pathway to do it again becomes in your brain and therefore the easier it is to

remember and to do it.

12. Use this time for *not thinking*

If you are finding that your meditation is great for having awesome thoughts or creative ideas, then you are not meditating. Meditation is about learning to step out of the thinking mind as much as you are able. You may find it helpful to schedule “creative thinking” time in the day too, to allow your thoughts to flow and to be able to record them if necessary, however, keep this separate.

13. Let go of the stories around emotions

You will also find that at times emotions will arise for you whilst you meditate. Do not get lost in thinking about why they are there or what they mean. You will find it more helpful to become aware of the nature and quality of the physical sensations behind the emotion that you can feel in your body.

14. Gaze gently if your mind is very busy

You might find it easier to have your eyes slightly open and gazing in an unfocussed way at the ground in front of you. Try it and see if it works for you.

15. Do the best that you can and then let go

Sometimes meditation (or rather our over active and tricky minds) can be difficult. On those days, just know that you have done the best that you can and that tomorrow is another day.

16. Use a foot soak at the end of a busy day

It can be helpful to have a 5-10 minute warm water foot soak before meditating in the evening if you have had a stressful day.

17. Meditate with others too

It can be really helpful to meditate with others as it becomes possible to drop into a deeper place, more easily.

18. Practice regularly

Even if it is only for 10 minutes per day to start with. Many studies have shown that people who practice meditation regularly even for short periods are much more likely to continue in the long term. Also the more that you practice, the more that you will notice

the positive impacts of meditation in your life e.g. less stress, greater peace, more focus, etc.

19. Find moments in the day to be present

Whenever you remember during the day, take a conscious breath and become aware of your experience of being in your body right in that moment. Then let it go and carry on.

20. Sit with a sense of gratitude for a minute afterwards

Being grateful for being able to give this time to yourself and the feelings that it engenders is really helpful. If you wish at this point it is also very valuable to reflect on the other experiences that you are grateful to have in your life.

21. Go deeper as you are ready

You can go deeper into your meditation practice by joining meditation groups, going on meditation retreats or by reading about meditation. If these possibilities inspire you then try them. There are many types of meditative practice so be willing to explore and try a few out to see which work for you – then practice them.

Wishing you a deep and profound healing journey into meditation

May you be happy, may you be peaceful and may you become increasingly aware of the incredible being that you truly are.

Jem



www.personaldetoxcoach.com