Meditation can be a struggle for some; it certainly was for me initially. When we haven't cleared out the reservoir of our mind, all the thoughts, the habits, the patterns of thought; when we first begin to meditate, we often experience a rush of thoughts racing through our mind. This is very common. It is the persistent practice of meditation over time which will help you gain control of these thoughts and get into theta to slow the cycles of the brain down to reduce the amount of thoughts you’re having. This is the sweet spot. This is the zone of peace.

Below are the 6 steps to begin your meditation practice

Step one: Make meditation a daily practice. Creating a new habit is not easy and depending on what research you subscribe too, it can take roughly 6 weeks to establish a new habit. If you miss a day or two its not the end of the world. It doesn’t mean you are a failure, give yourself a break and understand implementation of this new habit is a process.

Step Two: Schedule time each day to meditate. What’s not scheduled typically doesn’t happen. The best time to meditate is early in the day. This allows you to prepare your mind each day for success.

Step Three: Find a comfortable location in your home where you can be alone and be sure to eliminate distractions. Turn off all electronics and lower or turn of the lights. You can even light a candle to create a relaxing environment. You may choose to have light inspiring music playing or complete silence, whatever you prefer. Remember, there is no right or wrong way. Find a comfortable position in your favorite chair. I do not recommend meditating while lying down unless you’re meditating in preparation to sleep.

Step Four: You are now ready to start controlling your breaths. It is our breath that slows down the flow of thoughts which helps clear our minds.

Begin by sitting up straight and now start to inhale through the nose while extending you belly. This is called diaphragmatic breathing. Inhale fully while counting to four, and then exhale out through your mouth for the count of eight. Cycle through this process ten times. Keep your focus on your breath; this will help clear your thoughts.

It will not be uncommon to experience a flood of thoughts which may seem random, do not fight this simply refocus your thoughts back on your breath. Like any new skill it will take some time to begin to focus solely on your breaths and to eliminate any unwanted thoughts. Upon completion of step four, you should have a sense of calmness, while experiencing deep relaxation.

Step Five: Once you have completed the breath cycles it is time to observe your thoughts. Let them flow through you. Choose the thoughts you want to focus on. Give them your attention. They are there because they want your attention try to understand why. File the other thoughts in the back of your mind, almost like a file folder in your computer. If begin to feel unease refocus on your breath and breath deeply.

Upon completion of step five, you should have a sense of calmness a deep relaxation perhaps, one of which you’ve never experienced before even a euphoric feeling. Your mind is clearer. Your thoughts have slowed down, and now it's time to begin the real fun.

Step six: Begin to visualize yourself, the new version of you, perhaps in a new job, perhaps in a new relationship or it could even be a healthier version of yourself. You could also ask yourself “who could I be?” “Who could I become if I removed all self-imposed limitations. This stokes the fire of what's possible. This process can take a few minutes or twenty minutes.

There is no perfect amount of time to meditate. Some days if you only meditate five minutes, be grateful for that time. For those who want to really enhance their meditation practice, try meditating before sleeping. This will help clear the mind of the day’s activities while allowing you to process your day. This is a great tool to help you experience a restful nights rest.

Some additional recommendations.

1. Commit and schedule time to meditate
2. Adopting a new habit takes time
3. Don’t get discouraged if you have difficulty clearing your mind. It’s normal when starting.
4. Using a CD or app are great tools to guide you through the meditative process
5. Journal your experience immediately upon completing your meditation. This will help you organize and process your thoughts.

I honor you and your desire to grow personally and professionally. Meditation is the perfect tool to identify your passions and purpose. If you commit to this process you will experience a deeper sense of peace and happiness while improving your overall well-being and health.

Be sure to reach out to me if you are having any difficulties and please share your experience. I want to help you become the best version of yourself.

.