

# Meditation: How to Get Started

"Meditation is the art of expanding one's inner space." —Sogyal Rinpoche

In our contemporary, fast-paced environment, it is crucial to carve out moments for rejuvenating pursuits. Grant yourself the opportunity to establish the equilibrium necessary for the revitalization and regeneration of healthy tissues. Meditation enhances mental states, physical well-being, overall quality of life, and self-awareness. Particularly for individuals grappling with chronic diseases, meditation yields potent benefits. Maintaining mindfulness and observation during challenging circumstances can enhance the management of stress responses. The cultivation of meditative skills additionally serves to alleviate the adverse physical impacts of stress.

Despite meditation receiving endorsement in medical literature and having an ancient lineage spanning thousands of years, why isn't it more widely embraced? For numerous individuals, the hindrance lies in time management. Carving out dedicated time for meditation can prove challenging amid multiple roles and responsibilities. However, it's noteworthy that meditation, even in brief sessions, enhances productivity and mood while fostering overall health. The practice, even in small increments, induces alterations in brainwaves and boosts resilience.

## Health Benefits of Meditation:

- Reduces pain, anxiety, depression, and stress
- Strengthens the immune system
- Improves concentration and creativity
- Decreases pain and blood pressure

Cultures worldwide have engaged in meditation as a means to cultivate and maintain a centered and present mental state. Meditation, essentially a focused and contemplative practice, is typically undertaken in a serene environment, eliciting changes in heart rate, breathing, and cortisol responses. The positive impact of meditation extends throughout the entire body. Whether practiced in a seated, reclined, or walking position, the key is to attain a tranquil and positive state of mind. Remarkably, just a few minutes of daily meditation can significantly enhance your well-being.

It only takes a few minutes a day to improve your health!

Get started today:

- » **Set aside just three minutes a day.** Many people find it easiest to schedule that time around a common activity like waking up, just after breakfast, at the end of a workday, or just before bed. You can set a quiet tone on your phone or an egg timer to keep track of time.

- » **Embrace wherever you are.** You do not need a special place to meditate. You can meditate on the bus, at a park, on your bed, at work, or anywhere else. Just choose a location where you feel comfortable and unlikely to be interrupted.
- » **Get comfortable.** You can sit, lie down, stand, or walk—whatever is most comfortable for you in the moment.
- » **Take deep breaths.** Focus yourself by breathing deeply. Some people count their breaths, while others prefer to repeat a word to themselves (silently or aloud). Do whatever feels right in the moment.
- » **Be kind to yourself.** There is no wrong way to meditate, so be accepting of whatever happens. If you find your mind wandering, bring it back to your breathing and how your body feels.
- » **Scan your body.** Pay attention to how you feel, scanning your body from your scalp all the way to your toes. Identify the areas that are relaxed, those that are tense, and how you're holding your body.
- » **Reflect.** After meditating, take a deep breath and think about how you feel. Do you feel different? Is your breathing slower? Are you more relaxed? Check in with yourself.
- » **Figure out what works for you.** A rich array of advice can be found about how to meditate. Take only what you find works in your daily routine.

## Common Obstacles:

- Not enough time - you only need 5 minutes!
- Don't know how - this document changes that!
- Too stressed out - that's the perfect time to begin!
- Not for me - most human cultures have meditated

Make meditation a habit, and the health and wellness benefits will surprise you.