

Beginners Guide to Meditation



The word meditation is quite popular right now, so you may have heard of this word and may have even tried to meditate, yourself.

Backed by scientific research, meditation is growing in population. People now recognise the huge benefits it can bring to one's physical, mental, emotional and spiritual wellbeing. Meditation is a positive tool to bring into our day to day life to reduce stress, improve performance and to feel happier.

Meditation works by calming the autonomic nervous system, taking us away from the fight or flight response towards daily demands, stress and strain. Using meditation can lead us to become less reactive and more objective in our thinking and actions.

In essence, Meditation allows you to quiet the mind and quiet the monkey brain chitter chatter. It allows you to train your mind to focus and redirect your thoughts rather than experiencing the often free flowing, overwhelming thinking habits that we have created. When we can focus our mind on more positive thoughts and energies, through meditation, we also activate positive experiences within our life.

However, despite the growing evidence of meditation on the mind, body and soul, most people struggle to meditate. Possibly because most of us find it very hard to slow down and because we generally lead busy lives. When we do try to slow down, the brain becomes active – the mind wanders – the thinking comes in and it feels hard – we feel the resistance to meditate and can make the decision that meditating is too hard!

The truth is that anyone can meditate, meditating can be easy and it is normal for the mind to wander.

To help you bring meditation into your life, I have created a PDF attached within this section to show to you meditation can be easy and fun, and that it doesn't mean you have to sit there in silence for 1 hour a day, but rather you can start with really easy meditation exercises that take little time or effort that will help to reduce stress, improve performance and see you feeling happier and calmer.