



Daily Meditation

Make It Part Of Your Daily Routine

Dedicate a few minutes of your day to lie or sit quietly. Just as you shower or eat daily, meditation does more for your health and well-being when practiced daily. Start with 5 minutes and add a few more minutes each week until you feel you are getting the most out of this meditation time.

Select a time of day that works best for you.

You could choose the morning before you start your daily activities, the end of your day when you have a few minutes before bedtime, or during a break at work.

Select a quiet place at home or work that you can call your meditation place.

It doesn't have to be a whole room; it could simply be a quiet corner.

Limit distractions. Turn off the television, radio, cell phone, computer, and close the door if possible.

If you are ready to take up a meditation practice, here are a few things to keep in mind.

Make sure you wait at least a couple of hours after eating to meditate. Meditating right after a meal, on a full stomach, often makes you sleepy. Remember, although meditation helps with relaxation, it also requires alertness.

Choose a time of day. Try to keep this meditation time as an important part of your daily schedule.

Keep your back (spine) straight.

Since you will be sitting or lying for a period of time, be mindful of good posture.

Try playing soft music. Some people use music, candles or incense to help them reach a relaxed but aware state.

Source: Adapted from Achieving mind-body-spirit connection. A stress management workbook. Chapter 15. The Art of Meditation. Seaward.



A Simple Exercise...

1. Choose a quiet spot where you will not be bothered by people or noise.
2. *Sit quietly and comfortably.*
3. During the time that you are meditating make sure you are away from distractions and interruptions.
4. *Commit yourself to a specific length of time and try to stick to it.*
5. Pick a word or short phrase that is firmly rooted in your personal belief system. A non-religious person might choose a positive word like joy or love. A religious person might use the opening words of a favorite prayer, chant or hymn.
6. *If you are comfortable closing your eyes, do so. This makes it easier to concentrate.*
7. Start with your face; relax all of the muscles in your body, one at a time, right down to your toes.
8. *Start with your forehead, become aware of tension as you breathe in. Let go of any tension as you breathe out. Go through the rest of your body in this way, from your eyes to your toes.*
9. Breathe slowly and naturally. Silently repeat your focus word or phrase as you exhale.
10. *Don't worry about how well you are doing. If other thoughts come into your mind, simply let them go and calmly return to repeating your word or phrase.*
11. Continue for as long as you can initially. Try to work your way up to 10 to 20 minutes, or to the length of time your schedule allows. You may open your eyes to check the time, but do not use an alarm.
12. *When finished, give yourself one to two minutes before standing.*

