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Meditation can seem as intimidating (How can I think of anything?!) and boring (so I just sit here?). But when done right and often, it's neither (yes, it's okay to think of something and it probably won't put you to sleep). There are many meditation styles, but we group them by meditating on an object such as breathing or mantra, says Lodro Rinzler, co-founder of meditation studio MNDFL. There is also a visualization that focuses your mind on images. And contemplation is where you are guided through the process to cultivate more meaning in your life. But as with any discipline, it requires practice to get good at it. Rinzler often hears that people say they feel no less stressed after their first class. The reality is that they were sitting there meditating on their inbox, he says. It takes time. With that in mind, Rinzler provided meditation, which is perfect for beginners. (P.S. I bet you'll find his voice super soothing.) Rinzler is part of our 34 Under 34: Rising Stars in Health. Learn more about it here and check out all the other amazing innovators that are changing the way we think about health. Believe it or not, you can improve your concentration and slow down your day-to-day life with meditation without even pronouncing the word chakra. Incense, yoga pants, and annoying dinner conversation are also optional. All you need is your breath. Photo: Tess. Why meditate, especially if you don't plan to give up everything you do and Google for the nearest mountain retreat? If you are anything like me, meditation will help you understand how far and how fast, your mind can wander away from what you should be doing at the moment. In an age of multitasking, hyper-planning and instant distraction to the Internet, this in itself can be a huge help. Aside from just anecdotes, it has also been suggested that meditation can actually exercise your brain muscles to increase focus, and has been shown to reduce stress and increase forgiveness among college students who undertake practice. I'm a far cry from a meditation expert-very, very far, really. I have only been practicing meditation in a formal group for a few months now, and have been working at home practice since a year ago. I've paid brief visits in my opinion to try to soothe it in the past, but it's only recently that I've developed an interest in exploring more how and why available to non-monastic people. So I'm not a teacher- just an advanced beginner like some would like it, and someone who hopes to share some tips to push a few others into considering the benefits of slowing down, at a time to see what your mind is doing and following your breath. Another note: While most of the comes from customs, philosophies and practices associated with certain religions (Hinduism and Buddhism in particular), practice practice most people know how meditation, or mindfulness, is indelibly related to religious practice. In other words, meditation is an integral part of many faiths, but these religions are not an integral part of meditation alone. In a similar field, there is also yoga. Keep it open. G/O Media can get commissionMario Kart Live: Home CircuitWhat You'll NeedNothing: This is a fact. Meditation requires only a willingness to focus on what is happening and, in most cases, slow down your mind and follow your breath. You can do this lying down, in a chair, or using the equipment and space you have allocated for such a practice. Extras: A quiet, still place: For beginners, especially, a quiet room without a lot of sensory distractions is a great backroom experience. You probably practice with your eyes closed, but the visual clutter can still feel imposing and draw your mind elsewhere as you try to settle in. Music is generally not necessary- in fact, it can be distracting at first, but can be a useful exercise later. Sitting gear if you want: In the zen tradition of meditation, one sits on a pillow, or zafu, while you and the pillow are on top of a larger mat, or zabuton. You can find all kinds of handy sets all over, from different materials and colors. You don't need to learn how to sit in a leg stretching position. Beginners without much flexibility (your included) and exercise in a sit-down can sit seiza, or kneel, or even sit in a normal chair, although you probably want a pillow to more evenly distribute your weight and relax your legs. Photo from the zen Mountain Monastery.For more extra sitting practice and achieving a comfortable rest, I recommend the zen Mountain Monastery zen Meditation Instructions. This is especially important for the tradition of zen/zazen, but I found it a general advice on posture and sitting to be universally useful. Basics: After your breathing there are many ways to meditate. Some seem full of contradictions: Keep your eyes open and focus on an object or light piece of music versus Close your eyes and try to focus on nothing. Everything you tend to believe in leads you into a relaxed state, following and stabilizing your breath is the most universal of meditation methods. In The Miracle of Mindfulness, a classic text that introduces thinking and practice behind meditation, Thich Nhat Khan lays out a thoughtful case about how breathing is connected to the mind that controls the body. Actively watching your breath, and in the evening of it, you can bring your whole being to what some call still a point. Written less florid, you'll only be focusing on one very important thing, and teach your mind how to deal with one thing to the fullest. Looks like your boss's skill really value, right? G/O Smeee can get a commission of \$10From at the beginning of the book, Nhat Khan writes: The moment you sit down to meditate, start watching your breath. First Usually gradually letting your breathing slow down until it is quiet, even, and the length of the breaths is quite long. From the moment you sit down, to the moment when your breath has become deep and silent, be aware of everything that is going on in yourself. For some of us, it's easier said than done. You start focusing on breathing, and after a short win, in coming a growing wave-about shoot that's about getting cash for lunch I completely forgot to tell Dan that I'd be late wondering if Susan answered my email. Hanh offers a simple, straight counter: If (after breathing) seems difficult at first, you can replace the method of counting your breathing. As you breathe, count one in your mind, and as you exhale, count one. Inhale, count 2. Exhale, count 2. Continue through 10 and then go back to 1 again. This count is like a line that attaches your attentiveness to your breathing. This exercise is the starting point in the making of constantly aware of your breathing. Without awareness, however, you will quickly lose count. When the score is lost, just go back to 1 and keep trying until you can keep the score correct. Hanh goes on to suggest that controlling breathing is helpful in many situations beyond quiet moments of meditation. I found it useful in moments before making any public appearances, when feeling overwhelmed by the huge amount of RSS elements read on a Monday morning, and whenever I can catch my brain trying to seek my opinion or action on 12 different issues at once. The concept of reasonableness is also discussed in detail in Khan's book, and it is very connected, but it requires much more space and different considerations. Photo lululemon athletica. Mantras, Guided Meditation and Other Practices How StuffWorks provides a great overview of the beginning of meditation, including a shorter summary of the following breath, and some pointers to other techniques: Look for inspiration: If you are inspired by Eastern spiritual traditions, you may want to think about the image or icon of The Buddha. You can also use a flower, crystal or other object that matters to you. Lightly let your attention sit there, quietly and peacefully. Read the mantra: the mantra literally means what protects the mind. Therefore, reading mantras protects you with spiritual strength. He also said that when you glorify the mantra, you charge your breath and energy with the energy of the mantra. Again, choose something with meaning for you in your spiritual tradition: read the Rosary, for example. Tibetan Buddhists use the mantra for peace, healing, transformation and healing. In managed meditation: Managed meditation is akin to guided images, a powerful technique that focuses and directs the imagination towards a conscious goal. (Think of a diver imagining the perfect dive it leaves the platform.) Photo Theresa's MS. You'll find many guided meditations, mantra offers, and other resources, both for free and for sale, all over the internet. Stick freely to the proposed tools, as they tend to be more authentic and less confusing in intent, given the nature of those who practice mindfulness. Zencast.org, previously mentioned in a post on the podcast Introduction to Basic Meditation and Mindfulness, offers a wealth of meditation instruction for all levels, and this is usually provided wisely to all religions and traditions. Meditation means many different things, but in her heart there is a fading mind that can... More About a special interest in the Lifehacker set can be meditation timers and reminders of zencast. The first set is a collection of flash-based and downloadable audio files that will help you during meditation sessions. Secondly, it is a collection of Windows, Mac and iPhone software that basically rings a bell or other sound on a regular basis to remind you to draw your attention to one thing to gather your thoughts if they are scattered. There are most likely many other tools for computer workers who can repeat this simple exercise of attention. For examples of specific meditation techniques in practice, check out Ryan Irelan's Blue Energy technique to beat insomnia, or a 10-minute dark meditation room method that is perfect for office lunch or coffee breaks. An active mind can keep you awake well past before going to bed, but a simple meditation technique can... MoreAll of these meditation techniques just of course methods. They do not guarantee that you will achieve peace of mind, which strengthens your attention and determination, but simply help you try to get there. It is the familiarity of our lay man with what we are still working on understanding ourselves. If you know a great resource that has helped you learn to meditate, or offered some technical advice, we will definitely take them out, and perhaps update the post with them if you will drop them in the comments. Comments. chakra healing meditation and guided visualization youtube

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