


Morning motivation guided meditation

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Spring already? Well, not really. But the clocks came out before, and that means we're on our way. While we may have wasted a precious hour of sleep on the clock this morning, energy recovery and motivation with a meditation practice is a great way to welcome the new season. This week, it might be a little harder than usual to get out of bed. If the energy and motivation decrease, we get it. With that in mind, we wanted to give you a simple way to start reclaiming the vibrant energy of spring for extra motivation and energy. If you haven't meditated before, don't worry, a guided meditation is an easy way to get started. They can help wake up your brain and regulate stress levels without too much work, so you can stay focused, calm, and collected throughout the day instead of getting frazzled and you guessed it – more tired. A specific study found that mindfulness meditation increased energy levels and executive functioning in the brains of subjects in as little as 25 minutes a day! The best thing about these practices, though, is that they don't involve sitting cross-legged for uncomfortable amounts of time (though, if that's what you're in, feel free!). In addition, you can listen to one almost anywhere. Although said, here are five of my favorite guided meditations that you can use to find extra energy and motivation starting today. Listen to one (or as many) of the videos below in the morning or even the night before bed, and be sure to practice everyday! This morning the meditation of spiritual leader and author Louise Hay will lift your spirits as you wake up. Hay's soft voice leads you through an experience of thanking for everything you have and everything you are in a way that will set you up for a day of continuous peace and gratitude. This guided meditation from Linda Hall Meditation will help you think positively and focus on abundance. Through a visualization practice, Linda helps you imagine what you want in life, so you can focus on it and draw it to yourself. It will also guide your thoughts towards self-confidence with affirmations that help you think it's worth having everything you want. This guided meditation from Jason Stephenson is a personal favorite. Not only is Jason's voice soothing and wonderful, but his relaxing tone puts you in a meditative state that allows his claims about energy consumption and productivity to sink into. This meditation will teach you to use your energy so that you're getting everything done but not burning. You will feel motivated and in peace to the end. This meditation user YouTube Michael it's another go-to. Sealey refers to it as self-hypnosis, and you will surely feel like you've been put in a trance listening to it. Sealy guides you first through a breathing practice to help you relax and reach a meditative state, then affirmations that will boost your confidence and stun your focus. If you have a day ahead or a project to work on, but lack energy and focus, this guided meditation from The Honest Guys is for you. This meditation is perfect to do just before it buckles down to complete any task. The narrator will first guide you through a breathing practice in a completely relaxed state, then you'll hear soothing sounds of nature like chirping birds for the rest of the video. You'd be surprised how much a quick nature break can help your brain focus! Last updated on October 22, 2020 would you feel if you shared a personal story and noticed that the person you were talking to wasn't really listening? You probably wouldn't be too excited. Unfortunately, this is the case for many people. Most guys aren't good listeners. They're good suitors. The thing is, true listening requires work - more work than people are willing to invest. Quality conversation is about yes and take. Most people, however, just want to give their words, that is. Being on the receiving end as a listener may seem boring, but it is essential. When you meet someone and pay attention to what they say, it's a sign of care and respect. The problem is that participation requires an act of will, which sometimes goes against what our mind naturally does-roaming around aimlessly and thinking about whatnot, instead of listening—the greatest act of thought. Without active listening, people often feel unheard and unrecognized. That's why it's important for everyone to learn to be a better listener. What makes people poor listeners? Good listening skills can be learned, but first, let's take a look at some of the things you could do that make you a weak listener.1 You want to talk to yourself, who doesn't? We all have something to say, don't we? But when you look at someone who claims to listen while, all the time, mentally planning all the amazing things they're going to say, it's a disservice to the speaker. yes, maybe what the other person says isn't the most interesting thing in the world. However, they deserve to be heard. You always have the ability to steer the conversation in another direction by asking questions. It's okay to want to talk. It's normal, really. Keep in mind, however, that when it's your turn, you'll want someone to listen to you.2 You don't agree with what's being saidThis is another thing that makes you an inadequate listener-hearing something with which you disagree with and immediately tuning out. Then you stand by, so you can tell the speaker how wrong I am. You are anxious to prove your point of view and that the speaker is wrong. Do you think that once you tell the truth, others will know how wrong it is, thank you for setting them straight, and encourage you to draw on what you have to say. Dream ahead. Disagreement with the speaker, however frustrating, is no reason to adjust them and prepare to spit out your amazing line. Listening, you might pick up an interesting nugget of information you weren't previously aware of.3 You do five other things while you're listeningIt's impossible to listen to someone while texting, reading, playing Sudoku, etc. But people do it all the time – I know I did it. I actually tried to balance my checkbook while pretending to listen to the person on the other line. It didn't work. I had to keep asking, what did you say? I can only admit it because I rarely do. With work, I managed to become a better listener. It takes a great deal of concentration, but it's certainly worth it. If you're really going to listen, then you have to: listen! M. Scott Peck, M.D., in his book The Road Less Travel, says, you can't really listen to anyone and do something else at the same time. If you're too busy to actually listen to the speaker I know, and arrange for another time to talk. It's as simple as this!4. You call yourself a judge while you listen, you decide that the speaker doesn't know what he's talking about. As an expert, you know more. So, what's the point of listening? For you, the only sound you hear once you decide he's wrong is, Blah, blah, blah, blah, blah! But before you shoot that gavel, I just know you can't have all the necessary information. To do that, you'd have to really listen, wouldn't you? Also, make sure you don't judge someone by their accent, how they sound, or the structure of their sentences. My father is almost 91. His English is sometimes a little broken and hard to understand. People wrongly assume that he doesn't know what he's talking about - he's wrong enough. My father is a very intelligent man who has English as his second language. He knows what he's saying and understands the language perfectly. Keep that in mind when listening to a stranger, or someone who probably has a difficult time putting their thoughts into words. Now, you know some things that make a listener inferior. If none of the above resonates with you, great! You're a better listener than most. be a better listenerFor the sake of conversation, however, let's say that maybe you need some work in the listening department, and after reading this article, make the decision to improve. What are, then, some of the things you have to do to make that happen? can you be a better listener?1. Be carefulA good listener is careful. They don't look at their watch or phone or their dinner plans. They're concentrated, paying attention to what the other person is saying. This is called active listening. According to Skills You Need, active listening involves listening with all the senses. In addition to paying all attention to the speaker, it is important that the active listener is also seen to be heard – otherwise the speaker may conclude that what I'm talking about is uninteresting to the listener. That's what I mentioned, it's normal for the mind to wander. We're human, after all. But a good listener will rein these thoughts back in as soon as you notice their attention falling. I want you to note here that you can also listen to bodily cues. You can assume that if someone continues to look at their watch or over their shoulder, their focus is not on conversation. The key is just pay attention.2. Use positive body languageYou can deduce a lot from a person's body language. Are they interested, bored or anxious? The body language of a good listener is open. They lean forward and express curiosity in what is said. Their facial expression is either smiley, showing concern, conveying empathy, etc. I tell the speaker they're being heard. People say things for a reason – they want a certain kind of feedback. For example, you tell your husband/wife, I've had a very hard day! and your husband continues to check his newfeed as he nods. That's not a good answer. But if your husband looked up with his eyes questioned, he'd put his phone down and say, Oh, no. What's going on? Would you feel it, then? The answer is obvious. According to Alan Gurney, An active listener pays full attention to the speaker and ensures that they understand the information provided. You can't be distracted by a call you've received or a Facebook status update. You have to be there at the moment. Body language is an important tool to make sure you do this. The correct body language makes you a better active listener and therefore more open and receptive to what the speaker says. At the same time, indicate that you are listening to them. 3. Avoid interrupting Speaker! I'm sure you wouldn't want to be in the middle of a sentence just to see the other person holding a finger or mouth open, ready to step into the unfinished verbiage. It's rude and causes anxiety. You would most certainly feel the need to speed up what you're saying just to finish your sentence. Interruption is a sign of disrespect. It's essentially saying, what I have to say is much more important than what you're saying. When you interrupt the speaker, they feel frustrated, hasty and unimportant. Interrupting a speaker to agree, to disagree, to argue, etc., causes the speaker to lose track of what they say. It's extremely frustrating. Anything you have to say can wait until person finishes. Be polite and wait for yourself Asking questionsAsking questions is one of the best ways to show that you are interested. If someone tells you about their ski trip to Mammoth, don't answer with, that's nice. That would show a lack of interest and disrespect. Instead, you can ask, how long have you been skiing? Was it hard for you to learn? What was your favorite part of the trip? Etc. The person will think a lot of you and consider you a great conversationist just by asking a few questions.5 Only ListenThis can seem counterintuitive. When you talk to someone, it's usually back and forth. Occasionally, all that is needed of you is to listen, smile, or nod, and the speaker will feel like they are really being heard and understood. I once sat with a client for 45 minutes without saying a word. He came into my office in distress. I had her sit down, and then she started crying slowly. I stayed with her, that's all I did. At the end of the session, she sat, told me she was feeling a lot better, and then left. I have to admit that 45 minutes without saying a word was hard. But he didn't need me to say anything. He needed a safe space where he could move without interruption, judgment, or me trying to fix something.6 Remember and Follow UpPart to be a great listener is remembering what the speaker said to you, then following up with them. For example, in a recent conversation you had with your colleague Jacob, he told you that his wife had been promoted and that they were thinking of moving to New York. Next time you meet Jacob, you might want to say, Hey, Jacob! What happened to your wife's promotion? At this point, Jacob will know that you've really heard what he said and that you're interested in seeing things go. What a gift! According to new research, people who ask questions, especially subsequent questions, can become better managers, get better jobs, and even win a second date. It's so simple to show you that you care. Just remember a few facts and follow them. If you do this regularly, you'll make more friends.7 Keep your information confidential If you really want to be a better listener, listen carefully. If what you hear is confidential, keep it that way, no matter how tempting it would be to tell someone else, especially if you have friends in common. Being a good listener means being reliable and sensitive with shared information. Anything you are told in your confidence should not be disclosed. Make sure that their information is safe with you. They will feel relieved to have someone with whom they can share their burden without fear of going out. Maintaining someone's trust helps deepen your relationship. Also, one of the most important elements of privacy is that it helps to and building trust. Confidence, allows the free movement of information between the client and the worker and recognises that the client's personal life and all problems and problems they have belong to him. Be like a therapist: listen and retain judgment. NOTE: I must add here that while therapists keep everything in a confidential session, there are exceptions: If the client may be an immediate danger to him or others. If the client endangers a population that cannot protect himself, it would be in the case of a child or greater abuse. 8. Maintain eye contactWhen someone speaks, they usually say something they consider meaningful. They don't want their listener to read a text, look at their fingernails, or bend over to caress a pooch in the street. A speaker wants to keep them all. He tells them what I'm saying is valuable. Eye contact is very strong. You can relay a lot of things without saying anything. Today, it is more important than ever with Pandemic Covid-19. People can't see your whole face, but they can certainly read your eyes. By eye contact, I don't mean a harsh, creepy look-just a look in the direction the speaker will make. Make a point the next time you sit down in a conversation to maintain eye contact with the speaker. Avoid the temptation to look anywhere but to their face. I know it's not easy, especially if you don't care what I'm talking about. But, so I said, you can redirect the conversation in a different direction or just tell the person you've got to get going. Final ThoughtsCareful ally will add to your connection to anyone in your life. Now, more than ever, when people are so disconnected from smartphones and social networks, listening skills are essential. You can build better, more honest, and deeper relationships by simply being there, paying attention, and asking questions that make the speaker feel like what they have to say matters. And it's not a great goal? Making people feel like it matters? So go out and start perfecting these listening skills. You have two great ears. Now use them! 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