

5 Tips & Techniques for Meditation

Are you feeling frustrated with meditation? Have you tried to stick to a routine or a meditation program, only to find yourself thinking about work or life?

Meditation is an excellent way of reducing stress and improving focus. It is particularly important for busy business people to use a meditation practice to quiet their minds, and really allow them to focus on the task at hand. The idea of meditation is to clean the mind of trivial thoughts, allowing for deeper, more meaningful ideas and thoughts to surface, allowing you to excel in all aspects of your life.

Try the following tips to improve your meditation practice.

1

Start with committing to 5 minutes of meditation per day. Pick a time of the day that you will have fewer distractions and make a habit of it. Turn off your cell phone and devote a few minutes to nurturing yourself.

2

Create a space in your home that can be used for meditation. Set up a mat, a pillow, and whatever else that will make you comfortable during your meditation.

3

Monitor how you feel throughout the day. As tension starts to creep in, consciously push it out. Control how you react to stressful situations by going back to the mind space you created while meditating.

4

If you are having difficulty focusing on your breath and your mind is wandering, try counting your breath as you inhale and exhale. Or try focusing on one particular colour. See it in your mind's eye as vibrant as possible. Surround yourself with this colour and bathe in its energy.

5

Find the beauty in all things. Turn a negative situation into something positive simply by changing your perspective. Use this in your work life to deal with deadlines, problems, and the pressures of everyday life.

