



Meditation from Fournier Coaching

This self-help tab offers you an opportunity during more challenging times, to take a break and meditate. Meditation offers a series of amazing benefits, but it may take some time to actualize. In other words, it's great to say, meditation helps, but the process takes a bit of time to actually accomplish, because our thoughts, anxiety or stress, get in the way.

Here are some benefits of meditating:

- Gaining a new perspective on your situation
- Increasing self-awareness as to why you are experiencing stress
- Focusing on the present, allows you to avoid the chaos in your mind
- Reducing stressful emotions, provides an opportunity for clarity
- Increasing patience and tolerance, reminds you the solutions are available
- Lowering resting heart rate, a physical reaction to mastering meditation
- Lowering resting blood pressure, allows a reduction in physical symptoms
- Improving sleep quality, helps you achieve a brighter look on the situation

There are so many more amazing benefits of meditating. Feel free to visit the internet for more.

A few minutes every day is all you need to get started. I would encourage a daily meditation routine when your household is quiet. However, if you want to meditate in the middle of a stressful situation, that's also perfect. Here are a few pointers that will help you out.

1. Find a quiet place where you won't be disturbed. If it isn't your house, a walk, in nature works well.
2. Sit comfortably with your back up against the chair or sofa, feet flat on the floor. I would strongly recommend the same place each time you meditate, as I feel The Divine, Spirit Guides and Angels, will find it easier to locate you.
3. Make sure you are warm enough or cool enough – you need the right temperature. Both cold or heat could affect your ability to meditate. When you are trying to meditate, even the slightest change in temperature, or noise, will disrupt you.
4. Always allow for at least 5 minutes of uninterrupted meditation, especially if you are just starting.

5. There are plenty of more meditations on the world wide web, if you prefer a different voice, different music. Listening to a meditation is very personal. I find that specific voices bother me, and some music isn't helpful. You need to experiment, and find out what works for you. Some sites are free, and some you have to pay for. See the end, of this meditation for a free meditation site.
6. Some people have altars with their favorite spiritual items – crystals, candles, and more. I don't have one, but I always have some type of spiritual tool in each of my rooms in my house. You do what feels right for you.

Here is a meditation for you to try (see video):

Once you have found 'the spot' where you plan to meditate, please settle in, and close your eyes. Be mindful of the quiet in the room or in nature, and the rise and fall of your breath. Tune into your breathing. Pay attention to its ability to feel it slowing down, just by giving it attention. Stay focused on your breath. You will find your mind will want to wander but keep redirecting it back to your breathing. You can stop the video if it helps, or if you need more time to connect with your breathing.

Depending on your beliefs, you can ask the universe, The Divine, Spirit Guides or Angels for help with your challenges, and ask them to offer you solutions, for your highest good, only.

When you are ready, take one deep breath in, and hold it for one, two, three, four, five seconds, and let it go slowly for one, two, three, four and five seconds. (How long you hold it, is entirely up to you)

Take a second breath in, and hold it for one, two, three, four, five seconds, and let it go slowly for one, two, three, four and five seconds.

Take a third breath in, hold it for one, two, three, four, five seconds, and let it go slowly for one, two, three, four and five seconds.

If your mind wanders continue to redirect it back to your breathing. Pay special attention to any messages that may come up during the quietness in your mind and space. These messages are for you. They won't be loud. They will be lovingly soothing with guidance as to what you could do to help yourself. It is always up to you, to follow through on this. Please keep in mind, the messages will only be of love and kindness. Anything else, is not acceptable, and should be let go.

Stay in this moment for a few minutes, and return as often as you like to quiet your mind and reduce stress.