

Tips for Successful Meditation

There's no right or wrong way to meditate, no specific details you need to follow or incorporate to be "successful." You really just need to show up. The doing is in taking time to BE.

Here's a list of helpful tips. These are just my ideas and there are likely many different beliefs or practices out there. Use what resonates with you.

1. Prioritize and schedule.

If you don't work it into your routine, at the same time every day, it's more challenging to keep it up. And you do need to see this time as just as important as everything else in your day. You're worth it!

2. Let go of the details.

No special mats or cushions are needed, but if they help, go for it. You can sit, stand or lie down, as long as you're comfortable and your spine is straight so energy can flow and you can breathe deeply. You can meditate for 5 minutes or 50 minutes...every minute is extremely helpful.

3. Release the thoughts.

Thoughts are important sometimes, just not during meditation. Notice them then let them go...see them as clouds floating by or dust specks blowing away, or identify the thinking then refocus on the breath, the mantra, the intention or the guide's voice. Focus on the moment and let go of all concerns of the past or future...planning and solving are for later.

4. Start with guided meditation.

Listening to a guide can help to anchor in the present, to let go of thoughts more readily. There are many options available online, including a couple on my YouTube channel (Lifescape Wellness). Repeating a mantra...a guide's or your own, can also help keep you more present.

5. Release judgment.

Meditation is a practice...you'll practice staying in the present, letting go of thoughts, coming back. There's no 'perfect' meditation, no goal you're trying to reach, just taking the time to be focused on the moment and practice letting go. You can't fail or do it wrong, and it's a constant refocusing for everyone, so be kind to yourself! Your mind WILL wander, you WILL be thinking. It's natural. When you notice you're thinking, **don't judge**, just be aware then return to the breath or mantra.

6. Prepare.

Allow yourself to shift from the go go go mentality of daily life into a space that is open for being. Silence devices, choose a place free from distractions, make sure nothing has to be done during your time. Once you sit down you can make a list of things that suddenly pop into your mind so you won't forget, and you can turn your attention to the meditation. If you're not following a guide, set an alarm for your preferred time so you won't be wondering what time it is.

7. Breathe.

Slow, deep breathing shifts brain wave patterns and calms the nervous system, so it's very helpful in meditation. Use the breath to anchor in the present when you notice your mind wandering, or focus your whole meditation on the breath, flowing in through the heart center and radiating into every cell of your body. Regardless of the type of meditation, keep the breath slow and deep.