

Meditation for every day life

How do I meditate?



- Let go of expectation, or of what you have to 'do' or think during meditation
- The hardest thing is to do and think 'nothing'
- That's why people suffer from stress, or at the least the sense of a cluttered mind

Can I meditate even if I don't have any particular beliefs?

This isn't about sitting in the lotus position and dreaming of Woodstock...

This is an hour out of our busy lives to 're-group' the mind, to settle and discover ways of relaxing, de-stressing and how to get more from your every day life

From a more relaxed outlook, we can deal with life in a more calm way, being better able to cope – less likely to suffer from stress – and more likely to enjoy life!

Stress is only fear

Therefore... it goes to reason that when we feel stressed or overwhelmed with life, we are being fearful

**When you feel stressed, say to yourself :
"stress is only fear... I now release all fear"**

This fear exists only in the past or in future... we are stressing over a future event or catastrophising over something we wish we'd done differently in the past

Fear does not exist in the here and now. Right now, no matter what's happening, you are fine...

[And if you truly are experiencing fear (a life or death situation), you simply won't have time to experience stress ☺]

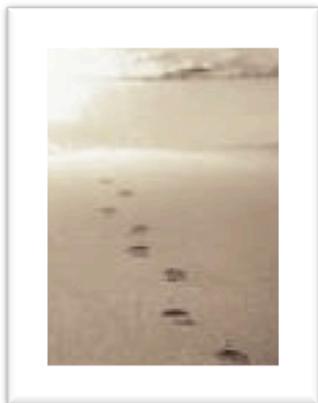
The only thing that actually matters at this very moment is your breath... without it you wouldn't last three minutes... an interesting way of putting things in perspective

Just a thought... difficult situations, finances, relationship issues, family concerns... all the normal daily stresses, they all pale in significance in comparison to the importance of your breath...

**Ask yourself... where is the stress coming from?
What am I thinking that's creating this fear inside me?**

Then do something about it... breath deeply... go for a walk ... find your own way to combat the fear

By meditating, visualising, breathing deeply, taking time for yourself, going for a walk... these are all great ways of reducing stress and increasing a greater sense of well-being.



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