



Are You Struggling to Meditate?

Hi, listeners and welcome back to the 'Victim2Victor' podcast. My name is Anu and I am your host. And in today's podcast episode I will be discussing meditation. Meditation is one of those things that we wish that we did more of in our lives.

Many of us have monkey minds and overactive minds and many of us just find it difficult to sit still. Well in this podcast episode, I will discuss many different types of meditations which we can try for both the monkey mind the overactive mind and just anybody in general. So listen on To find out more tips on how you can meditate. Meditation exercises are effective means of reducing stress and teaching your body and mind to relax. Not only that, such exercises can also help build self-confidence and self-esteem. And most importantly, just like any other exercise, it can help you to maintain good health and keep you in great shape.

There are many types of meditation exercises which you can do it would depend on the ability to make you feel relaxed, and to relieve your stress. One that you can try out is the walking meditation. This is a form of meditation, which monks do as a habit in monasteries, what they do is walk in a quiet area for a time whilst contemplating or meditating on something, it can be so easy that you can do it too. In the walking meditation what you need to do is to find yourself a set path. It can be a circular track, a sports field or even a large garden good enough for walking on. Start by walking the path in order to get to know the route.

Once you have gotten used to it. Begin taking in breaths in a slow and deep breath and then let it out slowly. As you do this, try to be conscious of your body feel or sense your entire body and be aware of is every part. Try to walk slowly. And as you are walking try to mentally be aware of how your body is functioning as it moves. Do not attempt to criticize every function or movement. Just try to be aware of how your body moves or works as it walks. So at first it might come off as silly for some people but just like any other forms of meditation, it is not something that you should rush you need to get comfortable with it. Sometimes distractions may come and they usually do it is normal especially on the initial days that afford comes into your head such as this is silly or have to do the dishes or I have so much work to do. When these faults arise. Just try to push them gently away and continue on with your walking. You can do this for 10 or 15 minutes, take a bit of a rest and then get on with your normal routine in life. Another simple meditation exercise which you can do is what is known as stepping inside a painting technique. You can start by finding a painting or picture that you

enjoy looking at. Place it a few feet away from you and at a comfortable visual distance. Find a comfortable place to sit on preferably some area in your home where you will not be disturbed. When you already have your painting and quiet area ready try to close your eyes. Be aware of how you breathe, just be attentive to how your body functions as it is breathing in and breathing out. Try to keep everything as they are and trying not to change anything, even the timing of your breathing.

After a couple of minutes you will notice your body beginning to slow down at this point you can open your eyes and look at the chosen painting. Simply gaze at the picture. Be aware of the scenery, the lines and the colors of the painting before you try to set the picture in your mind. Once you have it captured in your mind, close your eyes once again. Create the picture mentally and imagine yourself walking into the picture. Have yourself stand inside the picture in your mind. Take a look through the frame and to the place where you are sitting and allow your mind to take you into the picture. Explore and be aware of your surroundings as you are inside the painting. It can be quite an adventure trying to learn some of these have the ability to stabilize the mind no matter what kind of environment they are into. However, there are also people who seem to be disturbed, they can hardly concentrate which affects their judgment and quality of work. Meditation is a good age for these types of people to read meditation and mental space is created to achieve a certain degree of enlightenment. The effects of meditation to different people also vary. These could be affected by factors such as the mood and character and individuality or whenever Person hardly understands themselves their confusion reflects to their actions. This is why contemplation is necessary to achieve an enlightened consciousness.

A quiet space conducive for reflection, a mantra to be recited and absolute concentration are the essentials of meditation. While sitting meditation is considered the basic and most efficient form of meditation. There are also other ways to modify the process. On the whole, you can only create other forms of meditation when you become habituated with the practice. When your mind had been set for medication, it will be easy for you to stay tuned up. Plus, you can integrate the spiritual essence and mental awareness with the physical and mental rhythms of life. As meditation becomes part of your routine, you will always find time to stop and make a connection with the process. Naturally, you will seek the blissful state that you can experience only when meditating. So what you do when the place you are into is not conducive of meditation. But there are ways to establish focus and concentration you can capture your mind to be in the meditation state when you direct attention to a spot in the room, or listen attentively to your breathing or focus on a small object. With the help of a relaxing music and tricky colors you can employ meditation and extend such practice even beyond the meditation period.

Active people such as athletes need to stay focused in their skill or art whilst staying grounded. However, their physical ability could be more enhanced if they are in touch with a higher consciousness. A famous female boxer reveal that in her violent and aggressive profession, she never fails to meditate and to chant she constructed her own way of escaping the gym atmosphere in order to find peace within she listens to the sound of the speed bag as she hits it one way, there is a distinct sound for one way below and the sound varies with a difference in impact of glove, then all she has to do is to close her eyes and meditate on the sound of the speed bag. Even a basketball player can employ meditation at the free throw line if he is able to transcend the noise of the crowd and the

pressure of the play. In this manner he can manage stress and anxiety was connected to his meditation process.

Be creative and modifying your own way of meditation. Break your patterns and make your imagination work to the practice of meditation are increasingly becoming popular because of its importance and benefits. Most people incorporate meditation in their lives a spiritual journey, it can expand their awareness and perception about life's experiences. Some just want to relax. Other people are specifically interested on the benefits of promoting health however, successful meditation is achieved through deep relaxation, so that your mind and body can be revitalized and refreshed.

Meditations are not created without any underlying principles. Whether these principles are revealed or not. You should learn that most forms of meditations have their philosophy basically it focuses on the state of the body, mind and nature meditation experiences are influenced by your reason and understanding of what meditation is actually about. The guidelines for meditation are reflecting a philosophy this philosophy supports belief in oneself and belief in life increasing your belief can deepen peace and relaxation. If people are receiving the benefits of meditation through a reflection they have the capacity to relax besides any circumstances of life. Also the effects are positive such as emotional ease physical health, mental clarity, better relationships, and fulfillment of the person. The energy that flows in the human body is dynamic and varying.

Everything is an intelligent expression of life's energy from planet movements, blood circulation, moreover, what you see what you hear what you think, and what you feel, are all expressions of that energy flow. If you can adapt to the movement of life without any resistance and you can experience peace and tranquility. But if you are facing and resisting the flow of life, then you may experience suffering and stress. Meditation can provide both short term and long term benefits and includes better sleep, faster healing, less anxiety, lower blood pressure, lower cholesterol, stronger immune system response and decreased use of alcohol, cigarettes and drugs. Meditations can help you make the flow easier and encourages trust so that things can naturally unfold in your life. Your awareness on how you control resist or let go of the flow of life is deepened. Keep in mind that life does not only revolve on easy things, but also on difficult things as well. I

n fact, life has always its pair of opposites such as pleasure and pain, sorrow, enjoy success and failure, love and hatred and others. Still it is not impossible to achieve true peace and it is not too late to learn how to drop and let go of any resisting force says that I'm blocking the normal movement of life. Letting go of hindrances can result in an insightful relaxation, the flow of energy must be used not for resisting but to help your natural intelligence and supporting your mental, emotional and physical well-being. The energy that is flowing into your life must never meet any resistance. Most people have the habit of resisting pain and certain emotions. But if you can still relax in such a situation, then you are not robbing yourself from feeling relieved and alive.

Embracing whatever comes to your life is simply an act of loving. And today meditation is more broadly used to describe a lot of practices that can bring different results. So optimistic or pessimistic thoughts and feelings, noises the things you see everything around you may be distraction or not should be received. As you do mindfulness meditation, you're not to exclude anything with this type

of meditation. All you need to do is to sit down in peace and perceive any past or present events and feel any emotions you might encounter in the course of meditating. Mindfulness meditation, however, is contradictory to active meditation. decipher meditation involves not pure sitting but letting your body move from slow to intense movements is the process where a practitioner can undo all suppression as well as negative emotions by letting the body move and easily go into stillness.

Posture is important in mindfulness meditation, so the energy will flow better, a comfortable seating positions should be selected, it does not matter whether it is Lotus, Burmese or Caesar positions, just let your hands rest on top of your FYZ the palms of your hands should be in a downward position. And on the other hand, posture is not extremely important. With active meditation you can do any movements you wish to undertake, such as walking, dancing, or stomping your feet shouting, laughing and crying can be incorporated as you move. So once you have assumed a comfortable seating position, You are now ready to undertake the mindfulness meditation wherein you need to become aware of the current moment, you should experience what is happening right now at this very moment where you would welcome yet slowly dissolve the fear, rage qualms and reservations in life. Mindfulness Meditation teaches you to be conscious of what is happening in your life as well as your environment. It lets you witness the good and the bad events. Most importantly, unless you respond in a positive way to the matters you have become aware of.

And while this episode comes to an end, do you may want to check out my book on victim to Victor now available on audio and where I have shared my journey of evolving through self-help and a determination to cast off my damaging past. My goal is to reach out to fellow survivors of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve melioration in the process of discovering their true self. I also have a 12 week self-development plan which is absolutely free and it aims to guide you on your journey to recovery. You can find the link in the description below. Please like this podcast and tag or share it with somebody whom you know is going through a similar situation and may need help. I will be back with another podcast soon. Until then take care and stay empowered.

