

Choose Meditation - Get Into “The Zone” - To Change Your Life

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Have you ever had a day when your mind was chattering so much that it seemed like it was a nonstop, run-on sentence. Or a day when the tension builds to a point when you think you are going to break? Kids? Work? Commitments? Deadlines? - Or are you looking for a way to bring more creativity, happiness, flow and harmony into your life? There are techniques and practices you can use to develop focused concentration, a strong calm center, clear mind, creativity and your deeper personal resources and strength. Meditation is one of those practices.

You've heard of athletes moving into “The Zone” and performing extraordinary feats. You've probably even experienced yourself so deep in work or in a project that you disconnect from everything around you and you create more than you thought possible. This state is actually a natural meditative state. Did you read it? It's natural. It just happens when we are focused, concentrating, centered on the work or exercise we are doing. We just move into the “The Zone”. The truth is that meditation is natural for us. We just don't allow ourselves to move into that state at will. The practice of meditation is giving yourself a treat, allowing yourself to move into that peaceful, centered, focused state using your conscious will and directed attention.

From the beginning of the human experience, man has searched for a great meaning for life, and for peace and happiness. Unfortunately, most look outside themselves. Great spiritual leaders from all time have said “Go Within” for ideas, inspiration and peace. The truth is, that is the only place we can find them. Humans are amazing beings with four amazing parts: our physical body, our emotions, our mind, and our spirit. And it seems that when one part is unbalanced, it affects the rest. Too many of us are out of balance. Meditation creates a balance in each, and between these parts, and a gives us a platform to explore and understand ourselves. This allows us to have a clearer perception of ourselves and our world. It gives us the opportunity to take action and make rational choices.

There are many benefits from meditation besides the peace and clarity it brings. Health and wellness are improved. The immune system is strengthened. Stress symptoms are reduced and aging processes are slowed. Mental, cognitive, and intellectual skills are improved. Creativity and inspiration increases. Spiritual connections expand, and joy and appreciation for living is enhanced.

Meditation takes on many forms and it is important for you to find the form that works for you. There are traditional types of meditation - guided meditations, yoga meditations, group meditations, Buddhist, Hindu, and other Eastern practices. There are also relaxation exercises, concentration exercises, exercise to help focus and quiet your mind. Some use postures and breathing. Others use exercise, walking, music, art, mantras, and even a warm bath. The general idea is to relax the physical body, calm the emotions, quiet the mind, and connect to the Divine, your Higher Self or Soul, your intuitive self, your sense of inspiration, your sense of God, or whatever you choose to call it. It is a chance to take a short vacation from the past and the future and be in the now.

One of the simplest forms of meditation is to simply relax, become still, and just observe the breath. Count the breaths. And if your mind wanders, simply come back to the breath. See how long you can stay in observation of the breath. Just this short exercise can create profound changes in your life.

No matter what form you choose, the most important point is to choose one or two and add them to your day. Make it a practice and part of your daily routine. Take that ten minutes, 30 minutes, or hour for yourself - if nothing more than to get to know yourself. The benefits are profound. The results are amazing. With all you do and all you can offer the world, you deserve it. Meditate for you.

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