Improve Your Spiritual And Mental Health Through Meditation

Can we talk? I know life can get stressful, making you feel out of control. You try to get yourself back in balance: You try to eat right, get enough sleep, etc. It all feels like WORK, doesn't it? I feel exhausted sometimes, working SO HARD to carve out some *ME* time. And who wants more work after a day at work? But I found a way to cultivate peace in my life, and it can work for *you*. It sounds so simple, too good to be true. And it's as easy as turning off my phone and finding a quiet space for 10 minutes a day. Really, it's as easy as *breathing*. It's true! Meditating is as simple as closing your eyes and breathing – but try not to fall asleep. The goal here is to switch the focus from mental chaos to the serenity of your breathing. We're all breathing, so it's easy to focus on something we do naturally.

Here's how I do it: I find a comfortable spot in my place – on the bed, on a floor pillow, in my favorite chair... I wear something comfortable and put on some soothing music or nature sounds (flute, rain, waves, crickets, birds). Sometimes I light a candle or dim the lights. Then I settle into a comfortable position and close my eyes. Do my troubles disappear like magic? Not *exactly*. I acknowledge the chaos in my life; I don't fight its existence. Fighting is *work*. And I don't want to fight.

Next, I turn my focus on my breathing for a few moments without changing my breathing pattern. Then I make my breathing pattern intentionally deep and slow, using the "4-6-8" technique. I inhale for 4 seconds through my nose, hold my breath for 6 seconds, then I exhale slowly for 8 seconds, making a sighing sound as I expel air from my mouth.

I know it sounds silly. I hear you saying,
"All I have to do is BREATHE to relax? But I can't sit still for 10 minutes!"
Trust me, you owe yourself at least 10 minutes of peace a day! Aren't you worth the effort?
I think you are. No, I *KNOW* you are. Just try it!

Allow all those crazy jumbled thoughts to come and go naturally with every breath. If you get stuck in thought, simply bring your focus gently back to your slow, deep breathing. The goal isn't to *stop* the thoughts; they're going to be there, trust me. The goal is to allow the thoughts to come and go, and focus attention on inhaling, holding, and releasing your breath. Release the breaths, *release the stress!*

You can focus on a word or phrase. Something like "At *peace*", "*Amen*" or "*Feather*". If you want to use this time in prayer, you certainly can. Choose any word you like – or none. Your choice! Just 10 minutes – or more - of meditation helps you relax. It's about slowing down and being present with peace. And who doesn't want that? [Email me to get more tips on how to invite peace into your life.](#) You won't regret it.