

## **DE-STRESSING & REGENERATING**

Stress tells us that our way of living is dangerous to our health and that we are out of balance. It is a signal that we have emotional blockages in our life. If these blocked frozen emotions are ignored they become poisonous to our body, causing depression, cancer and various other problems.

Staying tense and continuously busy is an excellent way of avoiding what is really going on within, on a deeper level. Being constantly busy gives us a charge, but it stresses and exhausts the mind and the body. In time it makes us sick, emotionally and/or physically.

When we constantly feel irritable, anxious and stressed our thinking and behaviour is largely fear based. (The fear of “not being good enough”, the fear of rejection, the fear of success or failure, or the fear of the change).

In the West we value intellectual thought, but Eastern wisdoms teach us to rely on inner wisdom, to listen within oneself –“to be still and know”. Luckily, we now acknowledge the emotional, physical and spiritual benefits of merging the two worlds of thought.

### **So how do we de-stress?**

The magic pill for stress is to be quiet and to become self aware - to know why we do the things we do. When we understand our emotional blocks our stress will disappear.

Counsellors, coaches, self-help books and courses help us to uncover and break down our blocks. Meditation is also particularly valuable for this purpose.

All scientific and medical studies reveal meditation can reduce stress and benefit our lives greatly, both physically and emotionally. It is no longer considered “a way out practice.” It has even been proved scientifically that people who meditate regularly are generally happier than those who don't. In fact, in Europe some insurance companies reduce their rates for clients who regularly meditate, as the health benefits are so profound.

Meditation is not complex - it is actually easy. We just need the knowledge to help us find the type of meditation that is right for us.

## What is meditation and why is it so beneficial to us?

- Meditation is subtle and quiet and it regenerates us.
- It is an exercise for the mind as meditation focuses on something other than the days events, our problems, our past or our future. It takes us away from our negative thoughts and our mind chatter.
- It allows us to relax but we also stay mentally clear at the same time.
- It is a shift from thinking to sensing. It is being fully “in the present”, not the in the past or the future. (It is the anxiety about the past and the future that stresses us).
- When we escape the mind chatter we **gain** clarity, inspiration, creativity, better health and increased synchronicity. (Increased synchronicity brings more miraculous coincidences into our life i.e. the right people and situations that help us along our life path).
- We learn things that we didn't know we knew, and solutions become obvious.
- During meditation our intuition is heightened, therefore we are likely to make better choices, choices that are in line with our inner being, rather than choices to please others.
- Meditation allows us to be our personal best by balancing performance anxiety with the regeneration process that is needed to prevent burnout.
- Meditation gives us insight, more energy, and we are more efficient. We tend to feel “on top of things”, which in turn makes us feel happier about life.
- During meditation alpha brainwaves take us close to the dream state.
- Purification of emotional blockages can occur during meditation. This process has sometimes been likened to psychological vomiting.
- Meditation allows the universal life force to work through us and within us. Some people call this being close to “god”, and/or feeling “the god within us”.  
Meditation can suddenly awaken our spiritual intelligence that has laid dormant for many years.
- Meditation helps us to become human beings rather than human doings.

***Meditation can take 1 minute, 5 minutes or 30 minutes and it can be enjoyed anywhere at any time of the day. It is up to you.***

## What are the different ways we can meditate?

- Meditation can take the form of relaxation exercises e.g. lay on a bed, or on the floor and **concentrate** on relaxing each muscle group, working from head to toe. Allow yourself to totally relax and focus on your body sinking into the bed or floor.
- Meditation will automatically occur when we walk in a park alone or when we sit at a beach and tune into the beauty of nature, the colours, the sounds etc. Just listen, see and feel. Avoid other thoughts. If thoughts come into your mind acknowledge them and push them to the side.
- Another method is to sit upright and concentrate on your breath. In your mind count from 1 to 6 as you breathe in. Then hold for a few seconds, then count from 1 to 6 again on the out breath. Exhale and hold again for a few seconds. By repeating this process you will automatically be meditating, as your mind will be concentrating on the breath.
- You can lay or sit and concentrate on scanning your body. Just feel and focus on your physicality and the feelings you have in each part of your body. Where is the fear, unexpressed love, tension or unresolved anger held?
- Sit anywhere, breath deeply and half close your eyes so that everything is just out of focus. Sit and observe everything that comes in and out of view, without moving your head from side to side. Observe the sounds, the light, the movements, the colours etc. Just be in the present for 1 minute, 5 minutes or 20 minutes.
- Some people use ancient mantras (sounds) to concentrate on, e.g. “Ah” and “Om”, but you can make up your own, eg. “I am”, “Love”, or anything else that is very simple which feels right for you. These mantras are used on the out breath.
- We can use meditation to manifest our hearts desires if we truly believe we are deserving of these desires on a soul level. Sit with a straight back for 20 minutes and breath in and out and visualize how it feels and looks to have your life the way you want it to be. You may want a new loving partner, or to feel less angry, or greater financial abundance. Imagine you already have what you want. There is incredible power in this process, but you must believe in the possibility of miracles or you will be wasting your time. With this meditation, the mantra “Ah” can be used.
- On a metaphysical level, gratitude meditations are important to bring more abundance into our life. If we are not grateful for what we have now we won't be grateful when we have more. In this instance “Thank you” can become a mantra on the out breath while concentrating on all the good that you have in your life - the small things, the big things, and for all those who love and support you. This also will give you amazing personal power, as you will realize how much you already have to be grateful for.

- When breathing in, expand the stomach first, and then allow the breath to travel up to the mouth. It is the same process as filling a vase – the base is filled first. With practise it will become easier, but do not beat yourself up if it takes you awhile to get your breathing right. You will still get results.
- Some people choose to make meditation an early morning and an evening ritual.

***Just relax and enjoy the journey!***

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