

meditate

MINI SELF-LOVE PROJECT

Meditation has been used for thousands of years. It is great for reducing stress hormones in your body and bringing your mind back into present moment awareness.

Stress causes inflammation in the body and inflammation is the number one cause for most chronic diseases. Scientific research has shown that meditation can tap into your brain's deepest potential to learn, focus, heal and adapt. It can also provide you relief from fear, anger, give you greater self-awareness and peace.

Personally, meditation was my saviour. On my journey to recovery, I found that I was eating all the right foods, had a great supplement plan and was seeing the best natural doctors, although when I started to meditate that is when I truly began to heal. Meditation helped me find absolute peace and contentment in my life. I connected to a source that we all have which is a source of pure love and joy. I finally felt true inner happiness and wholeness. Meditation gave me light in my darkest hours. It helped my anxiety, depression, overall physical health and it provided me with a way to distance myself from the millions of thoughts that consumed my mind every day.

There are many forms of meditation. I would suggest to try a few and pick a style that most resonates with you. The beauty of meditation is there is no right or wrong, so just go with the flow and do what feels right with no judgement.

TASK:

THIS WEEK, PICK A TIME TO MEDITATE EACH DAY. I WOULD SUGGEST COMMITTING TO THE SAME TIME EVERY DAY SO IT BECOMES PART OF YOUR DAILY ROUTINE. MAKE A COMMITMENT TO YOURSELF OF JUST 5 MINUTES A DAY, YOU OWE IT TO YOURSELF! EXPERIMENT WITH THE BELOW TO FIND WHAT PRACTICE BEST SUITS YOU.

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DEEP BELLY BREATHING PRACTICE

- Sitting in a comfortable position, close your eyes and place your hand on your belly.
- Breathing through your nose, inhale slowly to the count of 3, filling up your belly and pushing out your hand.
- Then exhale slowly to the count of 4, breathing out through your nose, emptying your belly, observing your hand moving in.
- Repeat this for a minimum of 10 times or more.
(Do not force your breath, breathe until it is comfortable so you are not gasping for air.)

TRY A GUIDED MEDITATION APP.

I would highly recommend the following;

- “Deepak Chopra Breath Meditation”
- “Deepak Chopra Light Body”

TAKE A MEDITATION CLASS THIS WEEK.

Search for a meditation group in your local area and try it out! There are many types of meditation groups such as; channelling meditation, chakra meditation, mantras and guided meditation. Keep an open mind and persevere...find what resonates with you!