

Meditation



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[Why are monks some of the most peaceful people?](#) Would you believe that one hour of meditation per day could result in complete tranquility? From personal experience, I opened my eyes on the 26th day and my entire world changed. Meditation is one of the reasons I am able to create a TikTok video that goes viral. I have a ton of trauma that prevents me from believing in myself. This trauma creates anxiety when I try to do something I have never done before.

Choosing to meditate will help you alleviate your anxiety and fear. The amygdala is an important center in our body to understand. If you decide to start the journey of meditation let me leave you with a few tips. [Watch this youtube video here.](#)

- Find a place that you are **comfortable in**.
- Decide if you want to use **headphones or not**.
- Choose a sound that is soothing, I used **water or rainforest sounds**.
- **Do not laydown**, you will fall asleep.
- Sit and try to keep your **spine straight**.

The most important thing to realize is how difficult this will be. You will no doubt fall asleep a few times if you are doing this correctly. You will notice your head dipping as if you are falling asleep. I first started this in a coffee shop, people probably thought I was on drugs falling asleep in the middle of the day but who cares because I know what I was doing it for. The most important thing to remember is that you are doing this entirely for yourself. Find a tree, sit by it for an hour, and I'll see you later. You're not weird for being healthy they are weird for thinking your weird for being healthy. Which is funny because I discovered that phrase when someone called me weird for stretching at work one day. I said, I am not weird, you're weird for thinking I am weird for being healthy, get away from me. =)

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Are you feeling stressed, anxious, or overwhelmed? Are you struggling to find peace and calm in your daily life? If so, you may want to consider incorporating meditation into your routine.

Meditation is an ancient practice that has been used for centuries to promote mental clarity, relaxation, and overall well-being. It involves sitting in a quiet place, focusing on your breath or a mantra, and letting go of any distracting thoughts or worries.

While meditation may seem simple, it can have a profound impact on both your physical and mental health. Here are just a few of the benefits of meditation:

- Reduces stress and anxiety: One of the most well-known benefits of meditation is its ability to reduce stress and anxiety. By focusing on the present moment and letting go of negative thoughts, meditation can help to calm the mind and lower levels of the stress hormone cortisol.
- Improves focus and concentration: Meditation can also help to improve focus and concentration. By training the mind to stay present and not get distracted by thoughts or external stimuli, you can improve your ability to focus on tasks and make better decisions.
- Increases self-awareness: Meditation can help to increase self-awareness and bring about a sense of clarity and perspective. It allows you to take a step back from your thoughts and emotions and gain a deeper understanding of yourself and the world around you.
- Enhances physical health: In addition to its mental health benefits, meditation has also been shown to have a positive impact on physical health. It can lower blood pressure, improve sleep, and boost the immune system.

So, how can you get started with meditation? The good news is that it's easy and affordable to start a meditation practice. All you need is a quiet place and a few minutes of time. There are also many resources available, such as guided meditation apps or classes, to help you get started.

The key is to find a practice that works for you and to be consistent. While it may take some time to see the full benefits of meditation, even a few minutes a day can make a big difference in your overall well-being.

Incorporating meditation into your routine can be a powerful tool for managing stress and promoting overall health and well-being. Give it a try and see the benefits for yourself.

Here are some steps to help you get started with meditation:

- Find a quiet, comfortable space: Choose a space that is free from distractions and where you feel relaxed and at ease. You can sit on a chair, cushion, or mat, or even lie down if that's more comfortable.
- Set aside a specific time: Choose a time of day that works best for you to practice meditation. It could be first thing in the morning, before bed, or at any other time that you have a few minutes to yourself.
- Get comfortable: Make sure you are comfortable in your chosen position. You can sit with your back straight, or you can lie down. You can also close your eyes or keep them open, whichever feels more comfortable.
- Focus on your breath: Begin by focusing on your breath. Pay attention to the sensation of the air entering and leaving your body. If your mind starts to wander, gently bring your attention back to your breath.
- Try a mantra: A mantra is a word or phrase that you repeat to yourself to help keep your focus. You can choose a mantra that has special meaning to you or simply use a word like "peace" or "calm."
- Let go of distractions: It's natural for thoughts to come and go during meditation. When you notice a thought entering your mind, simply acknowledge it and let it go. Don't get attached to the thought or try to push it away.
- Start small: It's okay to start with just a few minutes of meditation at a time. As you get more comfortable, you can gradually increase the length of your practice.

Meditation is a personal practice, and there is no one "right" way to do it. The key is to find what works for you and to be consistent. With a little practice, you will begin to feel the benefits of meditation in your daily life.