

### 3 Ways how meditation will change your life.

#### My experience-

So right now, you may be thinking of a guy with long hair and flip flops sitting cross legged underneath a tree.

Or at least that's what I thought when I first heard the word '**meditation**'. To me I didn't need it, there was just so much else going on. I mean who has the time to just sit in the same position for 10 minutes?

That was my conclusion, so at that time it suited me to ignore the thought of **meditation**.



But it seemed to keep coming up in almost **everything** I was doing.

In the books I was reading, the YouTube videos I was watching, the adverts I was seeing.

When I began to hear **gurus** and even **celebrities** talk about the power of **meditation**, how they use it to focus, to relax, to manifest or even to 'trip out', I couldn't quite get my head around it.

How could it be possible?

All of this abundance, all of this joy and benefit just simply from... **breathing?**

**Well, yes.**

**Read on and see three ways in which meditation will transform your life!**



## 1. Managing anxiety and stress

When we're stressed or **anxious** it can sometimes seem like we're trapped in a whirlwind of thoughts about what happened in the **past** or what might happen in the **future**, right?

**Think about it.** Most of the time when we're feeling **anxious** it's the direct cause of dwelling on the **past** or the **future**.

**Meditation** helps with **anxiety** because it grounds you in the **present moment** through **breathing** and focus. Moreover, with practice through **meditation**, we can learn to return to the breath (and in turn, return to the **present**) in times of **anxiety** or stress, wherever you are.

## 2. Manifestation through Meditation.

Neuroscience has shown that over 95% of our brain activity is **subconscious**. Meaning our day-to-day routines, actions, emotions and decisions come from a place we are not fully aware of.

Think of the sub-conscious as the part of the mind's **iceberg** that's below the surface, so to speak.

When **meditating**, you are in a state of complete **awareness**. You're **noticing** (but not judging) the persistent mind chatter that we usually deal with in everyday life.



When we're in this **state**, we can tap into that **subconscious** with ease.

Thoughts become clearer; levels of focus increase dramatically. Through this intense focus we can see our deepest desires, our needs and how we really operate in '**HD**'.

By regaining this kind of focus and awareness, the possibility of **manifestation** becomes significantly more likely.

Many people have described **manifestation** as a 'cousin' to **meditation** in regards to how the two work on similar frequencies.

### **3. Because it feels GREAT!**

Yes, who knew it? Just sitting down and breathing can quite literally produce feelings of **euphoria** and **elation**.

Studies have also shown that **meditation** can go as far as improving **self-image**, **self-esteem** and **confidence**. These results specifically come from a form of meditation known as '**self-inquiry**' meditation.

This kind of **meditation** explicitly aims to help you understand not only yourself, but also allows to relate more effectively to those around you also.



Although it doesn't stop there.

**Meditation** has been shown to improve sleep, fight addictions and even enhance attention span.

So there really is a **meditation** for **everybody**!

### **Summary-**

But hey, don't listen to all the statistics and 'hype' around **meditation**, try it for yourself.

After all, you can't reap the rewards of something you don't try.

However, don't expect to be a superhero after one session. **Practice** frequently. **Meditation** is a skill, a skill of the mind, and every skill needs practice so...

Happy **meditating**. **Namaste**.