

Meditation and Centering

In our busy world it is imperative that we take time to center ourselves and one way to do this is through the daily practice of meditation. 10 minutes will do and I have provided some resources here to get you started.

I have created a 5 minute guided meditation for you to get you started on this journey. The audio is also available in the resource section on the C-Suite Results website.

There are lots of meditation apps and music out there also that you can find for both Android and Apple.

I personally like using my Amazon Prime membership to stream music and there are a lot of meditation options. I personally like anything by Deepak Chopra. I have also really enjoyed Chakra Meditation.

The point to all of this is, find what you like, and create a daily habit around meditation. You can start your day with 10 minutes of centering, which can be 10 minutes of silence, guided meditation, music, or anything else that gets you into a place of calm, relaxed, and focused.

Anytime you are starting to feel stressed, overwhelmed, or anxious find a quiet space and take 5 minutes to just breathe. If you can't remove yourself from the situation just take 3 deep breaths before you continue.

Lastly if you want to learn more find a meditation group near you. I used www.meetup.com to find one that I really enjoy and provides me a place to be with like-minded people once a week and learn more about meditation.

Namaste

Sharon