

# 30 THINNER *thighs* IN 30



MINDFUL MEDITATION

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# Introduction

Time is a luxury for most people. Many of us are busy and wish there were more hours in a day. Given how busy we are, it's not a surprise most of us are stressed out.

No wonder meditation and mindfulness are hot nowadays. We're all starved and in desperate need of a quick daily mental 'hack' that effectively recharges the mental, emotional, and physical batteries without taking too much time and effort.

Meditation is the best solution you can find to get the balance you're looking for without you having to pop pills or sign up for expensive retreats.

Best of all, it only takes a few minutes each day. This guide teaches you the benefits of meditation, how it works, how to find the time to practice it, and three quick and easy relatively effortless techniques that gets your personal meditation practice off on the right foot.

# Why Meditate?

Meditation helps you to get a handle on stress on so many levels. With consistent meditation practices you can balance and regulate:

- rational / intellect mindsets
- emotions
- physiological concerns such as heart and blood pressure

Meditation helps to dial down the personal drama. Imagine being able to:

- stop getting triggered by certain memories
- stop assuming the worst
- stop reading too much into situations
- the bottom line: stop letting your emotions get the better of you

Get focused by achieving perspective:

- all that you can control is the present moment
- boost mental focus and confidence
- increase patience due to confidence (this too shall pass)
- bolster discipline (focus on the hard and necessary now for future rewards)

# Mindful Meditation Technique 1

## Single Focus Meditation



**Objective:** Fully awake, you focus on one object willfully until you reach the point you're not thinking about anything else. You eventually stop thinking and just observe.

**Step 1:** Select a location where you won't be distracted or disturbed – turn off all gadgets and notifications.

**Step 2:** Sit for maximum comfort but not so comfortable you fall asleep

**Step 3:** Keep your eyes open – effortlessly and naturally scan the scene in front of you – as you do this, take a deep slow breath – repeat this breathing pattern continuously – don't focus on it

**Step 4:** After several minutes, let your eyes relax and 'settle' on a single object.

**Step 5:** After you have selected a single object – thoroughly observe it – don't describe it to yourself – don't analyze it – instead

choose to observe each and every one of its elements one by one – shape, how it bounces light, color, texture, etc.

Go from element to element slowly. You will reach a point you're not thinking of anything else except an element of that object.

**Step 6:** Start the process of going back to your normal consciousness by dialing back and looking at the object as a whole

**Step 7:** Slowly start looking at other objects and allow yourself to take faster shallow (normal) breaths again.

**Total time: around 15 to 20 minutes**

# Mindful Meditation Technique 2

## Observe Your Breathing



**Objective:** Eliminate all thought by training your focus on one aspect of your breathing exclusively.

**Step 1:** Select a location where you won't be distracted or disturbed – turn off all gadgets and notifications

**Step 2:** Sit for maximum comfort but not so comfortable you fall asleep

**Step 3:** Slowly shut your eyes

**Step 4:** Take 3 deep breaths quickly. Expand your lungs and abdomen fully. Take another 3 deep breaths at a slower pace. Keep breathing in sets of 3's with each set involving a slower and slower pace. Let yourself RELAX.

**Step 5:** After you've relaxed enough, breathe in very slowly and 'observe' the air get into your nostrils, down your lungs, and your



diaphragm. Hold for a few seconds then observe it going in the other direction. Do this at an increasingly slower pace for several times.

**Step 6:** Shift your mind's eye to the air going in and out of your nostrils. Eventually focus on the narrow point of skin that feels the air enter and leave your nostrils. Keep narrowing your mind's eye's focus until you isolate the specific point. Keep your mind trained on this alone.

**Step 7:** When you get closer to the end of your session, allow your breaths to get shallower and faster, train your mind's eye to the rest of your body slowly until you become 'fully aware' of your surroundings and your body and slowly open your eyes – take care not to shock your eyes due to the light – slowly open them.

# Mindful Meditation Technique 3

## Quick Transcendental Meditation



**Objective:** TM builds on Method #2 with the use of meaningless words designed to pace breathing called 'mantras'

Do this before you start: pick a made up word or sound that has ABSOLUTELY NO MEANING to you – it must not trigger thoughts – this will be your MANTRA.

**Step 1:** Select a location where you won't be distracted or disturbed – turn off all gadgets and notifications

**Step 2:** Sit for maximum comfort but not so comfortable you fall asleep

**Step 3:** Slowly shut your eyes

**Step 4:** Take 3 deep breaths quickly. Expand your lungs and abdomen fully. Take another 3 deep breaths at a slower pace. Keep breathing in sets of 3's with each set involving a slower and slower pace. Let yourself RELAX

**Step 5:** After you've relaxed enough, focus your mind's eye on your breath out, let all the air out, hold for a few seconds and 'mentally recite' your mantra. Slowly breathe in. Don't force it. Just absorb enough air comfortably. Hold and mentally recite your mantra. Let go and breathe out. Keep repeating this until you reach a deep state of relaxation and you sense a tingling sensation.

**Step 6:** Focus on your mantra – lose sight of your breath – just focus on your mantra – this will pace your breathing – allow yourself to achieve greater and greater states of relaxation.

**QUICK TIP:** if you are still developing thoughts, you're not there yet, focus more on your mantra.

**Step 7:** As you get closer to the end of your session, start speeding up your breathing and slowly unwind your mantra until you stop mentally reciting it. Just focus on your breath. Then start perceiving your body and surroundings until you have become 'fully awake' again.

**Step 8:** Gently open your eyes bit by bit so they don't get hurt by the light.