

No Place Like *Aum*

TIPS TO CREATE YOUR MEDITATION PRACTICE

*"Never accept that meditation is not for you.
Remember calmness is your true, eternal nature."
Paramhansa Yogananda*

Establishing a practice of meditation will bring you increased calm, peace, and joy along with mental, physical, and emotional benefits.

Meditation is a gift you give yourself and a discipline that will serve you well.

The cost: a little will power and a little of your time every day. The rewards will come.

Follow these steps to reconnect with *your* inner peace and calm:



It's important to **establish a regular time and place to meditate**. You'll condition your mind and body to relax when you sit to meditate. Recommended times: morning (before your mind targets your "to do" list), noon break, before dinner, before bed. Try five (5) minutes a day as a beginner and, as you become more comfortable, work up to 10 or more minutes. Once a day is great, twice is better.


Make your meditating space pleasant and meaningful *for you*. Include items such as pictures of loved ones, your favorite place, or spiritual figures, or some flowers. If you use a candle be sure you're safe: put it in a hurricane lamp or other fireproof container, or better yet, use a battery-operated candle. Sit on a comfortable cushion or chair. Remember to sit with a straight back. If you're on a chair, a rolled towel or small pillow is great support the curve of your spine. Be comfortable. If you're uncomfortable, your body won't let you sit still.



Finding time in the day to meditate is the biggest obstacle many people find. Experiment and see what time(s) work best for you. Don't give up! Try any or all of these tips:

- **Start your day in Peace.** When your alarm goes off in the morning, use the snooze alarm as a timer. Sit up in bed (back straight, using your pillow for support. Our minds and bodies are conditioned to fall asleep when lying flat). Gently focus your attention at the point between your eyebrows. Perform a few rounds of measured breaths, and then sit in peace for a few minutes. Repeat the word(s), "I am Peace" and/or "I am Calm" with each inhalation and exhalation. If thoughts of the day pop in, don't engage them. Set the tone for your day from your true essential nature.

- **Consciously carve out a little time on your commute.** Try meditating on your commute to work – on a train, bus, or at a red light (put your car in Park. The person behind you will let you know when it’s time to move.). Close your eyes and focus on your breathing, consciously inhaling “peace” and exhaling “tension” or “worry.” Use an affirmation such as, “In the storms of life, I remain serene.” The affirmation alone helps, too!
- **Consider using meditation during your day** whenever you need it. For ex., if you’re nervous about an important meeting at work, or will be seeing someone who can push your buttons, take a few minutes and center yourself with some breathing and affirmations. You can do this while preparing. Set your intention to be calm and focused, peaceful, compassionate, and/or intelligent (sample affirmation: “Wisdom flows through me now.”)

- **Before bed, consciously unwind and release the day.** Sit in your meditation area or  in bed and focus your attention at the point between your eyebrows. Take a few minutes and visualize throwing all parts of your day – good and bad – onto a bonfire and release it all. Calm your mind and spirit for a good night’s rest. Practice a breathing technique, mantra, or visualization and relax. (Bedtime breathing exercises and visualization and/or mantra can be done lying in bed to relax.)

Note: When using a **mantra** such as “I am Peace” or “I am Calm” (or whatever resonates with you), repeat it to yourself during your meditation and any time of the day that it comes to mind or you need it. When working with the mantra, **claim Peace and Calm as an internal quality** that you already possess, not just a passing mood.

Questions? Please contact me at susan@noplacelikeaum.com. If you found this helpful, check out my website www.noplacelikeaum.com and sign up for future gifts, notice of classes and workshops, and newsletter.

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SUMMARY TIPS FOR YOUR MEDITATION PRACTICE

- ❖ Meditate five minutes a day
- ❖ Try to meditate at the same time and in the same place every day
- ❖ Gently focus your attention at the point between your eyebrows
- ❖ Use breathing exercises to relax the body and mind, any time of day
- ❖ Use affirmations – focus on the positive aspects of who you are. NEVER identify yourself with any errors you may have made.
- ❖ Consciously release everything from your day before you go to sleep



Important:

- ❖ Even if you can't meditate, *take at least five minutes a day for yourself* and be quiet. Unplug from your electronics – all of them (cell phone, TV, computers, tablets) – during that time. Sit in silence (if that's too hard, soothing, quiet music is OK). Consciously release any mental burdens – at least for five minutes. Place your attention at the tip of your nose and focus on your breath as you inhale and exhale.

Don't give up. Don't be discouraged. You can do this.
It just takes a little practice. It's worth it! You are worth it!

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Do you want more peace and calm in your life?

I'm available to help you create a simple and effective meditation practice to bring you a greater sense of **calm, peace, and clarity in just minutes a day**. I'll teach you simple techniques and provide you with personal support to help you begin to live your life in a happier and healthier way. Whether you seek to destress and obtain other physical, mental, and emotional benefits or seek to deepen your personal development or spiritual life, together we can create a practice that can work for you.

If you're ready to take the next step in destressing and living a more centered life, visit my website to contact me and set up your free 15-minute introductory session to learn how I can partner with you **to relax, renew, and restore your mind, body, and spirit with meditation**.

Contact me at:

www.noplacelikeaum.com

susan@noplacelikeaum.com

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About Susan



I'm passionate about teaching and sharing the benefits of meditation with people of all ages and in all walks of life.

I want to help you practice meditation to **reconnect with your own inner peace** and **reprogram your response to stressful events of life**. I'll support you as you develop your personal meditation practice to find that "something more" in life. You can do it in minutes a day.

I began my journey with meditation seeking relief from grief. I discovered that **meditation** not only helps with bereavement, but **helps in every area of**

life: work; relationships; health; stress; in good times and bad - emotionally, mentally, physically, and spiritually. I am still impressed and gratified by the ways that meditation helps me in my life.

I hold **two certifications in meditation teaching**. My experience includes teaching in healthcare, business, private, education, and non-profit settings. My students have found relief from stress in their personal and work situations, grief, chronic pain, insomnia, weight loss issues, hypertension, and have experienced personal and spiritual growth.