

EPISODE 004

How a Daily Meditation Practice Quickly Improves Your Life

CHECK OUT THE SHOW NOTES AT: www.dianahimes.com/blog/meditation

DIANA HIMES: Welcome, welcome, welcome to today's episode of the **Tough Love for Sensitive Souls** podcast! I'm your host, Diana Himes. I've got another exciting topic planned for us today, so grab a beverage, your notebook, and get comfy!

Hey there Sensitive Soul, I'm so glad you're here! In today's episode we'll dig deeper into the importance of creating a daily meditation practice.

Meditation is one of the **EASIEST** ways to slow down and just be. When you meditate, you give yourself an opportunity to quiet your mind.

I can tell you that out of all the things I've learned, meditation has had the most profound effect on my life. Before I started meditating, I always felt stressed, anxious, and overwhelmed. Now, I practice meditation in the morning after I wake up to set myself up for an amazing day. And I meditate before I go to bed so I get a good night's sleep.

It's the one thing that's helped me balance my emotions and calm my nervous system more than anything else. Especially if I'm triggered in a moment and need to find peace quickly!

Some additional benefits to meditation include...

- Finding a different perspective in stressful situations.
- Increasing your self-awareness and paying closer attention to what's going on around you.
- Reducing negative emotions and anxiety.
- Lowering your blood pressure and improving your heart rate.

Let this quote by Tim Ferris inspire and motivate you to "learn to slow down. Get lost intentionally. Observe how you judge both yourself and those around you."



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Once you get into the practice of meditating every day, things change. When you meditate, you'll get to know yourself better. You'll also build your confidence, feel more love, find support, and receive guidance. Try it, you might really like it!

There's different types of meditation and my favorite is guided meditation for beginners. It usually includes calming background music while someone guides you through your practice. You may be thinking to yourself "I can't turn my mind off, how can I meditate?"

I thought the exact same thing! That's why it helps to have someone guide you. When your mind goes off on a tangent, their voice brings your focus back to the present moment. During the FAQ portion, you'll learn steps for what to do when your mind just won't shut off so you can refocus on your meditation.

Mindfulness meditation is perfect if you've only got a minute to meditate! I think of it as a deep breathing meditation since the goal is to breathe your way to peace and calm. You can practice it anywhere and during any situation by deep breathing in through your nose and out through your mouth. Keep repeating your breathing until you feel less emotional. It'll help you focus on what's happening around you. And how you're thinking and feeling at that moment.

Feeling extra sensitive? Then mindfulness meditation is your "on the spot" remedy. You'll feel MUCH better when you let those feelings pass over you without any emotion. It's like turning off auto-pilot, focusing on your breathing, and becoming aware of what's around you.

Mantra meditation uses words or phrases (like "I am safe"..."I can do this"..."I choose peace instead of this") you repeat to release unwanted thoughts from your mind. It gives you focus and helps you establish a natural rhythm to your breath. The key is to focus on positives, what you want to achieve, instead of the negatives, what you don't want.

Kundalini Yoga is GREAT choice if you want to meditate AND practice yoga at the same time. This isn't your typical Meditation or Yoga practice! It's a combination of both. Using breath, movement, and sound you'll release blocked energy in your body. It'll challenge you both physically AND mentally. And it's definitely worth the effort!

One thing to remember...there's no such thing as perfection in meditation, that's why you practice it! One minute of deep breathing is enough to quiet your mind. A quiet mind and calm nervous system makes it easier to control your emotions.



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If you want to get the most out of your meditation practice, it's important to prepare yourself and your environment. This is a great way to set yourself up for success. Just follow these steps for the best results...

1. Find a nice, quiet spot in your home where you won't be disturbed. Put a "DO NOT DISTURB" sign up if you need to!
2. Set the mood in the room. This means turning off all external noises, lighting a candle, or grabbing a pillow to sit on.
3. Eliminate distractions by silencing alerts on your device. Look around the room for anything that could interrupt you.
4. Get comfortable either sitting straight up on a chair with your feet firmly planted on the floor. Or cross-legged on the floor.
5. Close your eyes and take several deep breaths. Breathe in through your nose and out through your mouth.

The better prepared you are for a great meditation practice, the more rewarding it'll be!

Making time to practice meditation isn't always easy to do. But if you're committed to doing things differently in your life, it's necessary. All it takes is a willingness to get out of your comfort zone and try something new.

Navigating life's challenges becomes easier when you learn how to slow down (even if it's for 90 seconds to do some deep breathing) and just be in the present moment.

The more you practice, the easier it'll be to establish a routine that fits in your schedule. It's not about being perfect, it's about making progress one step at a time!

FAQ of the Week

How do I stop my mind from going in all different directions when I meditate?

It's not about stopping the thoughts that creep in while you're meditating, it's about being aware of the thoughts and letting them go. There's no such thing as perfection in meditation, that's why you practice it. And these steps will help you refocus your attention.

1. Become the observer of your thoughts without any judgment. The thoughts will come, you can't stop them especially if you're new to meditation. And whatever you do, don't judge or blame yourself for the thoughts.

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2. Tell yourself...that's not a priority right now. Remember your priority when you meditate is to quiet your mind and calm your nervous system. Stay committed to that.
3. Let the thought go. Don't put any energy to the thought and remind yourself that it's just a thought, it has no power over you.
4. Refocus on the present moment. A deep breath (in through your nose and out through your mouth) does wonders for grounding yourself in the present.
5. Continue your practice. Don't worry about what you missed while your mind went off somewhere. Just pick it back up and keep going.
6. Repeat these steps as needed whenever your mind wanders during meditation.

And that brings us to the end of this week's show! Except that I've got a FREEBIE for you. Because I'm a firm believer in meditation to quiet the mind and body, you can grab a copy of the Finding Balance with Meditation – A Beginners Guide to feeling peace and calm among the chaos workbook.

Inside you'll find links to 6 different guided meditations for you to try and take notes on. Each one is 10 minutes or less. There's also journal prompts for you to reflect on your experience. Head on over to <https://pages.dianahimes.com/meditation> and download it ASAP!

Thank you so much for spending this time with me. I hope you got a few new ideas for doing things differently. Remember, you're the only one in charge of your life regardless of what anyone else says or does.

Join me next week for another episode of Tough Love for Sensitive Souls. Until then, don't forget that you've got everything you need to get anything you want! Have an AMAZING week!



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