

## Meditation for Busy People

The simplest definition of meditation or mindfulness meditation is learning to do one thing at a time. Learning to quiet the mind has undeniable value at a time when our attention is bombarded from multiple sources all day, and distraction has become our new reality.

Many CEO's and Entrepreneurs have reported that a mediation practice is one of their keys to success. If you would like to learn more about who and how – you can download my Meditation Resources Guide tomorrow at [RealtyONEGroup.com/ONETalks](http://RealtyONEGroup.com/ONETalks)

**Perception is reality.** How many people conjure up an image of a guru in a sitting lotus position chanting OM for hours when you hear mediation?

My goal today is to share a few simple techniques that you can incorporate into your daily routine. Easy methods to relax the body, quiet your thoughts and emotions and refresh your energy.

### Benefits

There is growing evidence that meditation enhances your overall well-being – your mental and physical health

Meditation – and mindfulness meditation, in particular – will reduce your cortisol level, blood pressure, social anxiety and depression. It will increase your immune response, resilience and focus and improve your relationships — including with yourself.

It will also bolster your performance at work, fosters compassion and empathy and provide inner peace.

## **Mediation can be as easy as focusing on your breath**

In a moment we will practice a simple breathing exercise to demonstrate how easy it can be

## **Mindfulness**

**Is paying attention to your thoughts & feelings without judgment**

Practicing mindfulness will always bring you to the present moment. Most of us avoid the present moment by living either in the future (constantly thinking about what's next or if the past... reliving old thoughts and actions)

## **Daily Practice**

### **Mindfulness in daily routine**

Household chores (washing dishes, folding the laundry, mopping the floor)

Eating

Taking a shower

Walking - Yoga

## Dr. Weil 4-7-8 Breath

<http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>

The 4-7-8 Breath (also known as the Relaxing Breath) is the perfect, portable stress antidote, as it puts you in a relaxed state almost immediately. It takes almost no time, requires no equipment and can be done anywhere.

Although you can do the exercise in any position, sit with your back straight while learning the exercise. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of **four**.
- Hold your breath for a count of **seven**.
- Exhale completely through your mouth, making a whoosh sound to a count of **eight**.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4:7:8 is important. If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4:7:8 for the three phases. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

This exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it but gains in power with repetition and practice. Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not be concerned; it will pass.

Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens - before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it.

## Gratitude Journal

Record 3 things you are grateful for daily (this is a great practice for the end of the day). Helps you find the good stuff in your day.

Or a daily reading from an inspirational book

Currently I read the daily passage from the **Book of Awakenings** by Mark Nepo

Mark offers a meditation exercise after each daily story.

## Resources

[www.SusanPiver.com](http://www.SusanPiver.com)

<http://susanpiver.com/blog/> for an archive of past video meditations

Dr. Weil 4-7-8 Breath <http://www.drweil.com/drw/u/VDR00160/Dr-Weils-Breathing-Exercises-4-7-8-Breath.html>

Spontaneous Happiness – Dr. Andrew Weil

The Book of Awakenings – Mark Nepo

<http://www.amazon.com/gp/product/B005NBKVDW>

[http://www.marknepo.com/books\\_awakening.php](http://www.marknepo.com/books_awakening.php)

Jon Kabat-Zinn

Wherever You Go, There You Are: Mindfulness in Everyday Life

[http://www.amazon.com/Wherever-You-There-Are-Mindfulness-ebook/dp/B0037B6QSY/ref=sr\\_1\\_3?s=digital-text&ie=UTF8&qid=1410131736&sr=1-3&keywords=jon+kabat+zinn](http://www.amazon.com/Wherever-You-There-Are-Mindfulness-ebook/dp/B0037B6QSY/ref=sr_1_3?s=digital-text&ie=UTF8&qid=1410131736&sr=1-3&keywords=jon+kabat+zinn)

Mindfulness for Beginners: Reclaiming the Present Moment—And Your Life

[http://www.amazon.com/Mindfulness-Beginners-Reclaiming-Present-Moment--ebook/dp/B007L659U2/ref=sr\\_1\\_2?s=digital-text&ie=UTF8&qid=1410131736&sr=1-2&keywords=jon+kabat+zinn](http://www.amazon.com/Mindfulness-Beginners-Reclaiming-Present-Moment--ebook/dp/B007L659U2/ref=sr_1_2?s=digital-text&ie=UTF8&qid=1410131736&sr=1-2&keywords=jon+kabat+zinn)

iPhone/Apple APPS

My Headspace free

Mindfulness App \$1.99

Simply Being .99

Meditation Timer free/\$1.99

Yoga Apps

Daily Yoga free

Yoga.com studio \$3.99

Pocket Yoga \$2.99

CEO's and Entrepreneurs who Meditate

[http://www.ceo.com/leadership\\_and\\_management/more-mindfulness-less-meditation/](http://www.ceo.com/leadership_and_management/more-mindfulness-less-meditation/)

[http://www.huffingtonpost.com/2013/07/05/business-meditation-executives-meditate\\_n\\_3528731.html](http://www.huffingtonpost.com/2013/07/05/business-meditation-executives-meditate_n_3528731.html)

<http://www.businessinsider.com/ceos-who-meditate-2012-5?op=1>

<http://www.psychologytoday.com/blog/in-practice/201302/6-mindfulness-exercises-each-take-less-1-minute>

<http://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>

<http://abcnews.go.com/Business/video/meditation-make-happier-change-life-23177987>