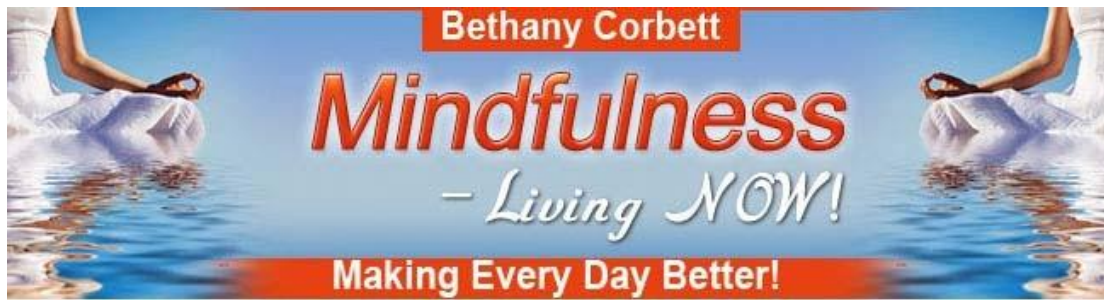


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About the Author

Bethany Corbett is an enthusiastic user of [meditation](#) and hopes that her book will help many more people to start to use it to improve their concentration, reduce stress and have a happier life.

Bethany said, "I hope that my book will help people to try mindful meditation and get the benefits which so many people have through the years."

She said, "I was skeptical about claims which people made for it but I know many people who use it as part of their daily routine because of the benefits they have from it."

"It is suitable for almost everyone, doesn't cost anything to do and can help to relieve stress, help people to reduce stress and [anxiety](#) and focus better on their work and other activities."

"[Learning](#) to do it is very simple and straight-forward. The Buddhists were a major factor in its development, anyone can use it and get major benefits as a result."

Bethany said that she tries to answer all the questions readers have about the use and benefits of mindfulness meditation so that people can make up their own [mind](#) and do it at their own pace."

"The reader can learn the practical basics from this book and start to use it without buying any special equipment or other materials. Then, they can progress at their own pace."

It has been of great benefit to many thousands of people and I hope you will try it for yourself."

Introduction

Mindfulness is a type of meditation where you focus on the moment you are living and what effects it is having on you.

It is a powerful way to learn to focus on each moment without being affected by distractions, either emotional or physical.

This can help you to cope better with people or other factors which are causing you stress and other negative effects.

A [report](#) in the British "Guardian" newspaper on the 8th January 2014, reported that a new review of 37 previous studies which each had more than 3,000 people in it indicated that there was an improvement between 10% and 20% in the subjects with anxiety symptoms and an improvement between 10% and 20% on those with depression who practiced mindfulness meditation.

There are many factors involved which may or may not have affected the results but these figures suggest there is a strong possibility that mindfulness meditation may have some benefits for many people.

If you are wondering about meditation or have concerns about meditation in general, I hope this book will give you enough unbiased information to make you more confident about trying it for yourself.

Apart from this book, I have no commercial interest in promoting meditation in any form. I have a personal interest in sharing my [research](#) and experience which has been almost entirely positive.

Although Buddhism is a major factor in the [development](#) of meditation, you can use and benefit from meditation without involving or adapting your religious views.

I will give you some suggestions and explanations which are for you to judge.

I have kept everything simple and hope that you will benefit from this by learning to focus better on things that matter so that you can enjoy each day more than you did before and cast away much of the [stress](#) which you may have been held down by until now.

Is Meditation Safe?



I'm not aware of any person that has been [hurt](#) because they were meditating.

There have been some concerns raised about some breathing exercises used by some meditators. I don't use any other than the simple, guided breath routine which I explain later.

As with any change in your lifestyle or exercise pattern, I recommend that you discuss your intention to do some meditation with your medical [advisor](#).

They can relate the activity to their deep knowledge of your personal medical

[history](#), needs and current condition.

Please follow their advice.

Meditation is the subject of ongoing research in several countries. One [study](#) which I mention in the book reviewed over 100 quality research projects and found positive, measurable benefits for people with anxiety or depression.

But, each person's situation and needs is different so please do your own checking as well.

Who Controls Your Mind?



The modern lifestyle makes great demands on us and there are plenty of people who try to control how we live and what we think.

When we turn to TV or other media, we are confronted by a lot of negativity and sensation. This can make us fearful and uncertain about our future or even our present situation.

We are offered many ways to [escape](#) from our worries while they suggest that we cannot cope without their help and products they recommend.

A lot of these negative influences flow into our minds without conscious effort on our part to review or even understand them. They're part of the [background](#) noise which we have got used to listening to while we work or try to relax doing other things.

But, there is a significant influence from the media on our subconscious [mind](#). It absorbs what we hear as fact.

Over time, these messages affect how our physical and mental systems operate, develop and react to situations we get into.

Over time, the doubts and fears that were implanted have more control over our [confidence](#) and competence.

The way our communities are developing means that many people have become more isolated. People often don't know their neighbors at all. This means the negativity which flows into our minds has greater effect on some.

[Depression](#) and anxiety are rampant through our cities and even smaller communities as well.

Mindfulness meditation can help to bring your thoughts back under your control as you become more aware of the abilities you have and how you can use them better.

This has helped many people reduce the amount of worry they suffer from

and get [enjoyment](#) from their daily activities.

It would be worth the time and effort needed to get started just for that. wouldn't it?

But, over time, using any form of meditation will help you improve your [self-confidence](#) and be better able to get along with other people.

I just think that the mindfulness form is easier to try for people who have limited time and no background of meditation.

A few sessions have little effect, so don't worry. You probably need more time.

Remember that the cost of these sessions is almost zero, the potential benefits can improve every day for the rest of your [life](#)!

You are not just taking back control of your thoughts, you are gaining a better focus which will improve your social and [business](#) relationships.

Benefits of Meditation

The benefits of meditation which I mention here are some which can be achieved with any form of meditation.

There are quality studies of the effects of meditation on people that have symptoms of depressions which are very encouraging.

From experience and research, I believe that meditation can help many people by:

Improving our ability to focus more keenly without extra effort on the most important aspects of our work and private life.

Removing the affects of useless emotional [baggage](#) which has a negative hold on so many people.

Allowing us to develop a better understanding of our needs and abilities.

Developing more control over our thoughts so we can eliminate the negative influences and [deal](#) rationally with problems as they arise.

Becoming more confident about our current skills and our ability to improve them or learn new ones because we are able to focus and learn more efficiently.

Being more attentive to everyone we deal with which will promote a noticeable improvement in our [business](#) dealings and relationships.

Giving us greater understanding of other people because we removed much of our emotional biases.

The benefits are not all achieved to a high level by everyone that does meditation, of course.

But, most people will see some measurable [benefit](#) from the practice in their own well-being and their interactions with other people in all areas of their life.

That leaves two questions which must be considered before starting to invest time and other resources in meditation.

I have addressed the question of how safe meditation is in a separate chapter.

So, look at what you must invest to get the benefits.

The biggest cost is your time.

I'd estimate that you could expect to get some good effect from using meditation techniques if you did three or four 30-minute sessions a week for six months.

That's two hours a week and about 48 hours in all.

It's for you to judge if that is worthwhile. Remember that there are few other costs involved unless you join a formal program, buy special [clothing](#) and a mat etc.

Most of us can find two hours a week when it does not have to be at the same time or on the same days each week. The important factor is to do the sessions every week.

Could you make better progress by investing more time over a shorter period?

That's possible but it depends on your own personality and how much practice you can accept to maintain your enthusiasm.

If you slowly increase the number of sessions each week, you may find some point where you feel you are doing enough and to do any more each week would interfere with other important things in your [life](#).

The stronger self-confidence we develop through meditation will also help us to set and achieve higher personal and professional goals for the rest of our lives.

There is no limit on when you can start meditation or most other projects which might appeal to you.

But, I hope that you will agree after [reading](#) this book and trying some of the strategies and tips, the sooner you start, the more benefits you can look forward to!

You will find that your greater confidence from your meditation and dealing with your negative mental thoughts and emotions will help you be more successful in other areas like making and keeping to a better [diet](#) and exercise program.

This opens the door to making larger goals and having greater confidence that you can achieve them.

It depends what you want from life.

When you have achieved some [success](#) which has previously eluded you, you will really understand that the sky is no longer the limit for you!

Becoming more Creative

Aside from the other benefits I've already mentioned, there are some claims that the practise of mindful Meditation can help to help you become more creative.

Some say that it enhances what creative powers you have already but others disagree, suggesting that we all have abundant creativity and mindful meditation can help us to connect with it and learn to use it better in our various activities.

The [theory](#) is that mindfulness meditation helps us to focus on significant matters without being distracted by mental chatter to anything like the degree many people are.

This state gives us relaxation and greater focus. That helps us to consider each [idea](#) more thoroughly in less time, so we can process more ideas better.

When some research was done with a series of problems, the subjects who did not have experience of mindful meditation found the first few problems difficult and continued to treat the rest as equally hard. The subjects with mindful meditation experience looked at each problem as something on its own. So, they realized the later problems were much easier. That helped them to solve the whole set of problems more quickly and without [feeling](#) as much pressure.

The acknowledged benefit of less rigid thinking patterns is thought to maybe have benefits in the psychological area. Research is continuing. But, it would be worthwhile for you to try some creative problems of a kind which you either like or need to deal with in your [work](#) before and after you have done some mindful meditation sessions and see if these benefits show in your direct experience.

What's the Difference with Mindfulness Meditation?

Traditional [meditation](#) is different in detail from mindfulness but they have much in common.

Mindfulness and meditation are often confused because the terms are used interchangeably by many teachers and writers and especially people who are selling products related to the topic.

For me, "meditation" is about exploring within ourselves and our connection to the world we inhabit. "Mindfulness" is about being aware. When we are mindful, we are focused on something we are doing.

The term "Mindfulness" is often used when promoting any kind of meditation when appealing to potential customers who have no personal or cultural connection to anything which involves meditation in any form.

My understanding is that regular meditation involves taking your [mind](#) off most of your current activities and concentrating on one thing which may involve listening to a sound or mentally following the passage of one breath from your nose down into your lungs and then back up and out of your mouth.

The effect of **traditional meditation** is to help us to relax by removing our attention from most outside influences to focus on a single action, [sound](#) or object.

This can be a tremendous help over time as we learn to [block](#) the other factors from our attention.

It will take time for us to get to the [stage](#) where we start to feel and understand the benefits of the sessions.

When we finish a session, we feel better and more benefits will become obvious over time.

But, it is a little hard for many people to become used to the discipline required to block out the emotional and physical pressures which are part of their daily existence, even for a few minutes.

It may also take time for you to be able to find a suitable place for your first few sessions where you won't be interrupted.

Some people may be put off from trying to learn to use meditation because of the historical association with Eastern religion. The Buddhists have been studying and using it for centuries but anyone can use the process whatever their [belief](#).

Mindfulness meditation does not require stillness or isolation. You learn to focus on what you are doing at a particular moment and become more aware of all of the factors involved and how they relate to you.

This gives you greater focus on that activity but takes it away from external emotional factors such as worries and other distracting thoughts which may be unsettling or otherwise damaging to your [concentration](#) and effectiveness.

The mindfulness form of meditation is similar but we use something which you do or experience as part of your daily routine as the focus of the [session](#).

You just arrange to remove other distractions where possible and ignore the others by applying more focus on the details of the specified task.

You are not trying to block out everything, just giving something most of your attention for the time of the session.

You don't have to find an isolated place and you don't need to set up any special external conditions or equipment. No special clothing is needed either!

Starting to Learn Mindfulness Meditation

Don't worry about your progress, or lack of it, in the first few sessions.

I expect that you may find the first few sessions don't give you much improvement, though some people do feel benefits fairly quickly.

It does not mean that you are not going to make progress or that you are doing anything wrong. It's common for people to respond to their first steps with any kind of meditation at different rates, just like you would expect if you took up a new [sport](#) or other type of activity.

When you read the steps to do your first meditation session, they are so simple that you may feel disappointed that you aren't pushing ahead.

But, the process is different to anything which you have done before and there are often physical and emotional factors which you need time to overcome so that you can get the full benefits of your meditation.

There are two other things I have learned about which can slow people's progress in their first few sessions.

We often focus on how it will feel when we succeed even before we have learned the steps well enough to make progress. This tendency can slow the improvement we get because successful meditation requires us to concentrate on what is happening at that moment.

When you were a small child on a trip in the family [car](#), did you start asking, "Are we there yet?!" soon after you left home?

Your excitement is understandable but you don't enjoy the actual journey because you don't take [notice](#) of what is passing by because your attention is all on the far-off destination.

Mindfulness meditation gets us to focus our full attention on what is happening at the moment, but that will take time to get right.

Another thing which some people do is to try to watch and judge how well their meditation is working. If we are following our breath from our nose down into our lungs and then up and out again, and we are also consciously trying to check if there's any effect on us from the [exercise](#), at the same time we distort the process.

Simple Exercise to Start With

Watching Your Breath:



This is a simple version of a classic meditation exercise and it's a very good one to begin with.

Before you start your breathing exercise, do a couple of slow deep breaths while holding one hand gently on your diaphragm below your ribs. Did you feel your [belly](#) rise? Most people won't feel any real pressure under their hand because most people take only shallow breaths most of the time. This stops our [system](#) getting as much oxygen as it could and reduces the benefits we get from each breath. If you start to breath more deeply during the meditation sessions, you

will carry that good habit over to the rest of your day.

Don't force your breath down or out. Just try to breathe gently and take in a little more than you used to.

Breathing through your mouth is fine but you will find that it becomes dry if you do that for a whole session of twenty minutes or more.

It's better and also usually more comfortable to breathe in through your nose and out through your mouth if you don't have a condition which makes that difficult.

You will benefit from this [exercise](#) in several ways.

If you have not been doing any type of regular exercise, it will help you to become used to making that part of your day.

You will also find that these sessions will let you focus better on how our body is [working](#).

The small step of taking deeper breaths can help you get more oxygen into your system.

Remember that your rate of progress will vary over time. Learning a new

process is rarely a smooth [journey](#).

Because you are just starting to do meditation, make it easier for yourself by finding somewhere that is comfortable, quiet and where you will not be interrupted.

As you progress, you will be able to [deal](#) with more distracting external elements. But, avoiding them during the first few weeks gives you a better experience.

When you are ready to start your meditation, decide where you will sit.

A straight chair or the [floor](#) are good choices. Put a mat underneath your legs if the floor is cold. Make sure there are no drafts or other factors which could affect your comfort and concentration.

Over time, you will develop your ability to focus on your meditation and not be affected by those factors so much.

Keep your back straight but not rigid. Relax without slouching.

You can close your eyes if it helps you to focus on your breath and get less distracted by outside factors.

Some people lay down for their meditation sessions but I found I would fall asleep! That was time wasted because I did not [sleep](#) long enough to benefit from it and I needed to take time from something else so that I did the same number of sessions that week.

Please do not rush any stage of your meditation routine.

The important thing is to go through each stage and really connect with your [body](#) and the breath which passes through it. Let yourself relax and enjoy the experience. That will help you to have better results and be more comfortable with your meditation.

The biggest distraction is often the constant rush of thoughts racing through our mind. The meditation sessions will help us to eliminate some of them and learn to [exercise](#) more control over the rest.

When you are comfortable, focus on the area below your nose and take a gentle deep breath. Don't force anything.

Now, follow the air as it moves down through your throat and deep into

your lungs.

Wait for a few seconds and focus on how you feel.

Then, let the air slowly move back up and out through your mouth.

If you have a condition which means it is more comfortable to breath through your mouth and not your nose, that won't stop you from benefitting from the [exercise](#).

Do about ten breaths with a few seconds pause between them.

It's important to focus on the [process](#) and not be worried about whether you are doing it exactly right or starting to get any benefit from it.

That could lead you back to accepting negative thoughts which are always around you.

Further Study

I hope that this book will provide all you need to start successfully using mindfulness meditation.

But, there are many ways which you can extend your knowledge and use of meditation in the future.

On the next page, I give information and links to some information from recognized institutions in the United States of [America](#), The United Kingdom, and Australia.

There are many other resources on the Internet, of course, but be careful that the sources you use are safe sites and reputable.

If you want further instruction and support, you may also benefit from contacting an experienced [teacher](#) or other support in your local area who could help you, for a fee, to progress more easily than you found it to that point.

A lot depends on your personal situation and whether you feel you need and can afford the professional [jump](#)-start.

There may also be courses at community colleges or other adult [education](#) facilities in your area which can be cheaper and also provide information and inspiration from the other students and instructors.

These courses give you [access](#) to support from other people with a similar interest. You can share your ideas, support each other and widen your local social network in a supportive environment.

You may have doubts about your ability to adopt the discipline and strategies of mindfulness meditation. Just remember that changing your current habitual behavior will take time.

You have been setting those mental patterns in place over a period of years and it won't be as easy as changing a pair of shoes.

But, you can do it.

And, you will also get a significant [boost](#) to your self-confidence when the new patterns are in place.

The Biggest Challenge with Mindfulness

The biggest barrier for most people is dealing with their own thought processes.

We all talk to our subconscious self all the time. A lot of that material is poor quality stuff which we get from casual conversations and unfiltered dross from the media.

We also may blame ourselves to an extreme degree when we fail to achieve some [goal](#) or someone makes a negative comment about us.

We may have been too hard on ourselves. But, our subconscious does not filter or evaluate what we feed it. And the negativity of much of that material affects the ability we have to improve our skills and actions over time.

When you begin to learn about using mindfulness meditation, you will have to start filtering this chatter, learn to ignore most of it and control what you can't eliminate. Then, you will start to accept yourself as worthy and capable.

When you stop blindly accepting information and opinion from others as always being better than what you think, you will realize that you aren't perfect but have qualities and skills on a par with most of the people you know.

You will accept that you aren't perfect but are capable of improvement and can make a valuable contribution to your [community](#).

It will take time for your new focus and attitude to start to erase your previous negativity but it will happen and there will be improvements in other areas of your life.

Many people do not make this sort of mental leap forward until they are faced with a [crisis](#) where they need to draw on all their physical and emotional reserves.

Then, it can be a big struggle because they have not developed their skills as you can do when you learn that they really are there through meditation and [practice](#).

Also, people that are negative in their attitude will have less social

contacts and that means less emotional support in times of crisis.

Negative people only attract other negative people.

Using systems such as this, you will realize that you aren't perfect but are capable of improvement which helps to prove to ourselves that we have abilities and also potential which we may not even have realized before.

It also gives us the confidence to develop those skills.

We can also develop wider social and [business](#) connections when we are more confident and outgoing.

Meditation and Exercise

Your improved confidence and focus will help you with all areas of your life.

You can achieve more, be more relaxed and get more benefit from healthy activities.

When you are exercising, you can use mindfulness meditation to enhance the experience.

That will help you to become more enthusiastic about the exercise. The greater focus on that process will help you to increase the results you get.

You will notice more about the effects of your exercise when you are doing it. This can be helpful for discussing with your [doctor](#) so that you keep doing the type of exercises which will give you the most positive effects.

Many people find exercise programs hard. That's why many don't keep using expensive gym memberships despite the significant [investment](#).

I prefer to walk, [cycle](#) or even run with friends rather than lock myself into appointments and fees and driving back and forth to a gym.

Remember that walking with your kids or your [dog](#) is exercise as long as you can move at a pace which puts some demands on you and is not too hard for your pet or your children at the same time.

Multitasking and Meditation



Multitasking is doing a number of tasks in the same period by switching from one task to another rapidly after a short set time.

For a while, this was very popular in many businesses and other places.

It was thought that people could perform better using this system instead of the traditional [method](#) of doing each task in turn until completion.

After some time and a lot of disappointment, independent research showed that the supposed advantages of this practice were an illusion.

The person who developed the process said that the results of the original research had been misinterpreted by the media and [expert](#) and he had never claimed that it was a better way to do multiple tasks in most situations.

The latter research showed that very few tasks were done at the same time with our minds focused on them all.

What happened was that the [brain](#) focused on one task at a time, then switched to another.

And, most importantly, there was time and focus lost while this switch took place and the brain also needed a small but measurable amount of time to let go of the previous task and then focus on the new task each time!

So, time and focus were lost and there was usually a significant net loss of productivity as well as some discomfort for the [worker](#).

This is what happens for most people during their regular activities.

Their focus may be on what they are doing or what someone else is telling them.

But, they are also listening to the constant chatter from their own subconscious and other stimuli is affecting their concentration and ability to focus as well.

This degrades our ability to enjoy our friends company, make meaningful [conversation](#) and remember what we have seen, heard or even sometimes what we have felt or promised to do!

Those people who are able to focus better can accomplish more.

They are usually popular, highly regarded and rewarded well for their contributions.

Meditation in any form will help you to be able to focus more effectively and eliminate a lot of the dross from your thinking and your emotional responses.

Mindfulness meditation in particular is a way to enhance your current ability in this regard.

If you can focus better, you will be able to perform better in each area of your life.

Many professions, from doctors to pilots, need to be able to focus well. Everyone will improve their results to some degree if they use meditation to focus better and remove mental clutter.

Meditation will not make you a [champion](#) in a sport but it will improve the results you get from your efforts.

Another important benefit for parents is that they can be an example for their [children](#) and help them to use meditation to enhance their ability to understand what they are taught, communicate with their teachers and other students better and retain and use the information they get.

Even when we are just being entertained by [music](#) or any other type of performance, we can appreciate it more and our memories of it are likely to be clearer and more permanent.

The skills and abilities you develop and the quality of that development will depend on a lot of other factors more than just whether you are doing some meditation. But, if you are, you will be able to make better use to some degree of what you learn to do.

Pruning the Dead Wood

Any [gardener](#) will tell you that you need to use the pruner every year if you want the best crops from your plants.

And, you must be prepared sometimes to cut deep or you might be disappointed in the results you get despite your efforts.

That also applies to other areas of our lives.

The first area is with our thoughts. Unless we learn to discard any negative baggage which we have from our past and filter as much as possible from what we listen to, watch or read in the future, we will never make the growth which we are capable of and deserve.

Another area where some pruning may be useful is with some of the negative people we spend our time with.

This is an area where a more delicate touch is good. Just because someone is a negative influence to you does not mean they are a bad person. Treat them with due politeness but try to spend less time in their [company](#) unless there are also more positive people to offset the bad vibes.

You can also hope to be a positive example to some negative people but don't judge them. Be a friend even if you only see them less often.

All of our experiences leave marks and memories. The big disappointments and even small disasters can leave scars and rubbish behind which negatively affect us every day as long as we let it.

If you notice any of this outdated rubbish clouding your thoughts or [enjoyment](#) of some occasion, brush it away and resolve to do so instantly when and if it returns.

We can affect those matters now but they can be very damaging to us at any time during our lives if we let them.

If you have deep-seated issues, you might be able to take some time and bring it all to the surface at a pace which you are fairly comfortable with so you can judge its relevance to your current [life](#) and then put it away for ever.

You may decide to ask for professional [guidance](#) to do that. Your usual medical practitioner is a good source for advice and recommendations.

For a brighter and inevitably better future, lose your fears by examining them closely, focus on the good things in your life now and to come and enjoy every moment.

Mindfulness meditation will help with all aspects of this. Just take your time.

Anxiety, Depression and other Conditions

Anxiety, depression and other conditions need to be dealt with by qualified professionals who have the required knowledge of your medical history and other circumstances.

But, many of these people use or recommend meditation in some form for those people who the [doctor](#) or other professional believes will be helped by it.

It is difficult for any layperson to be able to judge their personal state of anxiety or depression. They don't have the knowledge, [training](#) or experience of many cases which are necessary.

And, they are subject to lots of external factors which can affect their view of the situation.

If you have any noticeable level of anxiety or depression or other similar condition, ask your medical professional about it as soon as possible.

It can have serious consequences and should be addressed sooner rather than later.

Meditation can help but only with the [guidance](#) and expertise of a qualified medical professional.

Anxiety can develop from a desire to do everything to the highest standard.

The person may enjoy some rewards and recognition but, as time passes and the demands on him or her increase, it becomes much harder to maintain the same high standard on everything.

Some people will take on less and continue to maintain a high standard for the smaller number of projects.

Others will try to keep achieving great results with more projects and often fail to some degree.

That is a common cause for increased anxiety.

But, it can be curbed and the effects minimized with professional help once the sufferer recognizes there is a problem.

The person with this condition may not seek [treatment](#), believing that

they just need more or better [sleep](#) or may even start to take pills to give them some relief.

It is a slow-developing but serious condition. Depression can be a consequence.

If you have any symptoms of anxiety or problems with your sleep, ask your regular doctor at your next visit.

It could make a great difference to all aspects of your life.

Problems with Meditation

The major problem I see is with the various claims for almost instant peace of mind from a few minutes meditation, whatever [system](#) is used.

I believe that mindfulness meditation and the other systems can have great benefits but the claims are often fanciful. Next thing will probably be a “meditation pill” so we don’t even have to relax!

I know several people that took some time to get any benefit from their first attempt over some weeks at meditation.

They tried and, of course, may have tried too hard or just not been receptive to the [idea](#) of a quiet mind at that time.

This is a common difficulty which affects many people.

It does not mean they cannot learn to meditate and get great benefits from it over time. If they can’t keep their focus on the central thought; their breath or whatever, it may be because they are trying so hard to block the “chatter” they cannot help focusing on it.

I cannot give specific instructions, just say that they should not try quite so hard.

It is a learned skill. Don’t worry if it takes you a bit longer to progress than you expected or hope.

It will come to you.

The chatter is something which you have had in your head for years. It’s like a habit. The first [step](#) to dealing with its effects is to acknowledge it is there.

Stop worrying about it and you will find it easier to focus on the mindfulness meditation which you are just starting to learn and benefit from.

After a surprising short time, you will not be affected as much by your chatter and your reaction to it.

That is when you will [start](#) to really develop your meditative ability and get some benefits from it.

It’s most important that you keep your hopes and expectations in check

Everybody learns at the best possible pace for them at that particular time.

Later on, you may find that your progress is a little quicker. But, as you become better at meditation, that won't matter so much to you.

You will start to see and enjoy the benefits which you get from it in your life generally.

Another problem for many people is they feel some bodily reactions which interfere with them relaxing and properly focusing on their meditation.

That is natural. It happens in other situations where we have been really busy and our body doesn't slow down when we do.

The most effective way to deal with those reactions is to take any steps you can to soothe your [body](#) and then just accept them as part of the experience as you begin to start focusing on your mindfulness meditation.

Your session may be less well controlled but you are creating new habits for your [mind](#) to follow. You show it that the reactions are okay but you want to concentrate on your mindfulness meditation.

Relaxing the Mind



We can all relax in a few minutes by finding a comfortable position and taking and letting our bodies loosen up.

But, the effects of this are much less than they might be for most of us because we cannot soothe our minds as readily or for as long.

While we sink into the couch or even lay on our bed, our subconscious is still thrashing through a flood of thoughts and messages from us which are often negative and even alarming.

We need to re-establish a higher degree of control over the amount and content of the messages which we retain and our reactions to them.

Meditation is a classic [way](#) to do this. It's simple but not easy because we are working against the way we have let our subconscious operate for years.

Maintaining this constant flow of thoughts is essential to the proper operation of the systems within our body including learning, repair and [cleaning](#).

We don't want to block the system, just improve the quality of the thoughts which we get and send.

Until you get some degree of control, you will not experience the full benefits of your investment in meditation.

But, the sooner you start doing your sessions, the sooner you will benefit from your [investment](#).

I was told by a friend that he was about to give up his sessions "just for a few weeks" while he got some urgent work out of the way.

I knew that he might never have tried meditation for a long time again if he had done that and he said as much himself.

He said, "I thought I could put it aside for a while. But, I realized I would be, in effect, starting again."

So, he decided to try to keep to his four sessions a week for a couple of weeks and only stop or reduce them if it impacted his ability to get the important [work](#) done on time.

“At the end of the first week, I felt that I was a bit ahead of where I thought I would be with the project, possibly because of my limited experience of meditation.”

“So, I continued to do it alongside the rest of the project.”

“I finished it on time but not much quicker than I probably would have. But, I think it was a little bit better because the meditation had improved my focus and reduced my stress.”

So, the benefits may not be spectacular but they are measurable and worthwhile!

Resources

A lot of this material is subject to further research and testing. That may mean that some is found to be inaccurate at some time in the future.

These resources and links are working when this book is being prepared for publication. But, links and sites do change on the Internet without prior notice. Always be careful and keep your antivirus and other security programs up-to-date and operating.

U.S.A.

National Center for Complementary and Alternative Medicine.

This organization provides information on most areas of medicine, and a lot is made easy for the casual [visitor](#) to understand and learn from.

<http://nccam.nih.gov/health/meditation/overview.htm#use>

<http://nccam.nih.gov/health/meditation/>

Apr 1, 2013 - **Mindfulness Meditation** Reduces Severity of IBS in Women, [Study](#) ... Find Active Medical Research Studies on **Meditation** (ClinicalTrials.gov)

National Institute of Health

Another valuable source of information on [health](#) topics presented in a way which is easy to understand.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3044190/>

“Biologic effects of mindfulness meditation: growing insights into neurobiologic aspects of the prevention of depression”

This article from 2011 said that a formal [method](#) of mindfulness meditation had shown measurable benefits for some people with a condition usually treated with drugs.

U.K.

National Health Service

The UK's N.H.S. provides easy to understand articles on many areas of medicine.

<http://www.nhs.uk/Conditions/stress-anxiety->

[depression/Pages/mindfulness.aspx](#)

Awareness for Mental Wellbeing.

Australia

“The Health Benefits of Meditation and Being Mindful” is a downloadable (pdf) file by Dr Craig Hassed MBBS, FRACGP

Senior Lecturer, Monash [University](#), Department of General Practice

http://www.49.com.au/wp-content/uploads/The-health-benefits-of-meditation-and-being-mindful_v21-2.pdf

Be Mindful and Keep Smiling!

Thank you for reading my [book](#).

I hope you will use it to help you make your life more enjoyable and productive by removing many worries and stress from your life and showing you that there is more for you to enjoy when you smile more and share your joy with those around you!

Always consult your medical professional about anything which might affect your [health](#) or well-being.

Please be very cautious about people claiming more than you think is possible.

You could be right.

But, when you find some benefits from your experience with mindfulness meditation, [smile](#) and share that smile with those that don't have one!

Bethany Corbett

[Another eBookWholesaler Publication](#)