

What is Meditation?

The first time I was exposed to meditation was during a presentation by Gabrielle Bernstein, author, motivational speaker and life coach. Instead of explaining meditation as a religious practice, she presented it as a method of quieting one's mind and turning off the ego long enough for us to tap into our own inner guidance system. Our mind is constantly running through scenarios – typically our imagination's concoction of what *could* happen – instead of focusing on what really is. Since our minds are on overdrive obsessing over things we can't control, our bodies react to these unruly thoughts by creating stress felt in our physical bodies. Discomfort begins to set in and we experience rapid heartbeats, anxiety, erratic sleeping habits, headaches, and pain. Studies show that most of the stress we experience directly correlates to the pain and discomfort many people have become all too comfortable with. Meditation is a way of training the mind to stop thinking about the past or future, and to instead focus on the “now”. Even a few minutes a day can be life changing.