

# HAPPINESS GUARANTEED IN 30

## MEDITATION EXPLAINED

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### INTRODUCTION

“I don’t have the time to meditate. I’m just too busy.” I get it. Been there, said that. The truth is, the opposite is true. **“YOU DON’T HAVE THE TIME NOT TO MEDITATE.”**

What that means is the rewards far outweigh the costs. The ROI is strong. As a lawyer, your single most important tool is your mind. Meditation is strength training for your mind. Think of meditation as taking your mind to the gym and giving it a workout.

Another popular statement is, “I could never meditate because I can’t quiet my mind.” Meditation isn’t about being devoid of thought. It’s about eliminating or decreasing the need to respond to all of your thoughts.

What is going to happen over time? Your mind gets stronger. You **PERFORM** at a higher level. You become more **EFFICIENT** and **PRODUCTIVE**. You begin to see **SOLUTIONS** you never saw before. You’re more **FOCUSED** and **LESS ANXIOUS**. Sound good? Let’s dive in.

### **What is Meditation**

Meditation:

#### **What it is:**

1. IS more important than ever given the demands of modern society and, moreover, **BEING A LAWYER** in modern society;
2. IS a mindfulness practice that is thousands of years old;
3. IS available and accessible to everyone, everywhere, any time
4. Results in **TONS** of amazing mental, physical, and emotional benefits;

### **What it isn't:**

1. It's NOT a "religious" practice (although it can be a spiritual one);
2. It's NOT complicated (although not necessarily "easy");
3. It's NOT about eliminating all thoughts

Meditation comes in many different styles that can be used to achieve various desired outcomes.

This program focuses on **mindfulness meditation**, which is the **simplest and most popular** form of meditation in the West. If mindfulness meditation does not appeal to you, I encourage you to try other styles and find the one that suits you. Regardless of the style, incorporating any type of meditation practice into your life will afford you its benefits.

What benefits? Let's take a look.

### **The Benefits of Meditation**

There are two primary reasons that lawyers are not meditating regularly:

1. They don't understand it and/or know how to do it.
2. They aren't aware of its many benefits.

The mental, physical, emotional, and spiritual benefits of meditation are VAST and scientifically proven. As an attorney, some or all of these benefits will help you to better serve your clients, firm, partners, associates, and/or staff. In addition to professional benefits, you will also enjoy tangible improvements in your health, well-being and personal life.

What are they? Let's take a look.

### **Mental & Physical Benefits**

1. Improve Attention
2. Deeper Focus
1. Increase Willpower

2. Greater Self Control
3. Enhance Memory
4. Faster Learning
5. Slow Biological Aging
6. Strengthen Immune System
7. Reduce Inflammation
8. Optimize Epigenetics
9. Decrease Blood Pressure
10. Improve Sleep Quality

### Emotional/Well-Being & Interpersonal/Spiritual Benefits

1. Increase Inner Calm
2. Heightened Awareness
3. Manage Stress
4. Reduce Anxiety
5. Mitigate Depression
6. Greater Empathy
7. Connection with Self
8. Connection with Others
9. Achieve a Sense of Peace
10. Discover Your True Purpose

### How to Meditate

Hopefully the list of scientifically proven benefits of meditation has convinced you of its value. The next issue to tackle is “how to meditate.” Like most important things in life, **meditation is simple to do, and simple not to do.** To get the benefits, you need to actually do it. How? Let’s check it out.

My goal is to help you prepare for this rewarding practice that pays you back massive dividends. The key is consistency and dropping any negative self-talk about doing it *right or wrong*. It’s called a “practice” for a reason.

Let’s dive into some of the concepts:

**Anchor:** This is the foundation of your meditation practice. An anchor can be counting your breath, a mantra (a word you repeat over and over), or a prayer, upon which you focus your mind during the meditation. You can alternate between counting your breath and focusing on your mantra. Your mantra can be anything you want to create or expand in your life. Examples could be, “Love, Peace;” or “Om, Namah”; or even “Shamalamadingdong.” You could pick two random words, inhaling on the first word and exhaling on the second word. Some people pick their children’s first names. When your mind begins to wonder, bring it back to your chosen anchor words or your breath.

**Posture:**

1. While there is no required position, it’s best to sit with a straight spine, to minimize falling asleep, and to keep you aware and alert. As you begin this practice, choose what’s most comfortable to you.
2. Place your hands on your knees or in your lap.
3. Relax your body and gently roll your shoulders back.
4. **Pro Tip:** think to yourself, “*sit with dignity,*” and you will instinctively improve your meditation posture.

**Your Breath:** Your breath is your access to the benefits of meditation. Use your breath to “drop in” to your meditation session by **focusing your attention and awareness on your breath.** Notice your chest expand as you breathe in and notice your chest fall as you exhale. Breathe in for a count of 6, hold for 2, then exhale for a count of 7. Do this 4 times and then celebrate completing your 1 minute of meditation!

**Your Mindset:** When you sit for meditation, **your mind will wander** from your anchor. This will happen. And **when you notice it, that’s a good thing.** It means you are aware of what your mind is doing. When your mind wanders from your anchor, simply notice it and return your focus to your anchor **without judgment or self-criticism.** Pro Tip: Think of catching your wandering mind and returning it to your anchor as doing a bicep curl in the gym. Each time you bring your mind back to center, you are doing a “**mental rep**” and strengthening your mind. **This is the practice.**

Meditation is not about zoning out. It's about raising your awareness. While meditation is a tool for slowing down "monkey mind" and managing those pesky racing thoughts... over time, your practice will service as a garden, and your mantra, the seeds that are planted. In that silence, inspiration, creativity and ideas will begin to bloom.

**Timing & Consistency:** There is no mandatory minimum requirement for meditation. *Any* amount of time you spend in mindfulness meditation will afford you benefits. Granted, the longer you meditate, the greater the benefits; *however*, palpable benefits will be experienced from even a one-minute meditation.

Many of you are brand new to meditation, which is why I recommend beginning with 1 minute of meditation each day for the first week. Over time, continue to expand your practice until you get to 10 minutes, and then stay there for a week or so. Gradually increase the duration of your practice until you get to 20 minutes, which is a sweet spot. According to Dr. Herbert Benson of Harvard, at this time the "Relaxation Response" is invoked. This is your ultimate goal.

**When:** The best time to meditate is first thing in the morning so that you receive the benefits all day long. We meditate not only for the experience during the meditation, but for its residual effects. Meditation is preparing your mind for the obstacles and hurdles it will encounter during the day. It will allow you to be less reactive when *life happens* and the chips don't fall in your favor. Meditation affords you an objective view of situations rather than an emotional one. An opportunity to become more of a witness rather than an active participant.

Note: While morning is also the preferred time of day to meditate because we naturally wake up with less mind clutter, the 2<sup>nd</sup> best time is any time that you can find to meditate! Any meditation is better than no meditation.)

Quick Start Guide

**Suggestion: take a picture of the Quick Start Guide to Meditation below with your smartphone and save it as a favorite. Review it each time before you meditate until you are confident in your practice.**

## **QUICK START GUIDE TO MEDITATION**

1. Set Timer to Desired Time.
2. Assume Meditation Posture.
3. Close Eyes.
4. Focus on Anchor (Counting Breaths or a Mantra)
5. Continue Until Timer Expires.

Congratulations! You completed a meditation!

## **ADDITIONAL TIPS**

- 1) Every meditation is perfect. There are no bad meditations.
- 2) While it's preferred to be in a quiet place, you may encounter unexpected noises. That's all part of it. Instead of getting upset if the dog barks or the kids scream, tell yourself, "That noise is happening for a reason." Then gently redirect yourself back to your anchor.
- 3) Lower your expectations about what is supposed to occur in your head during meditation. You will have thoughts and that's ok. The only one who can stop their thoughts are psychopaths and dead people. Hopefully you're neither.
- 4) Be gentle with yourself. Not if, but *when* you have thoughts during your meditation, simply acknowledge that you are having thoughts and then gently redirect your mind to your anchor (your breath or mantra) Remember the idea of meditation is not to be devoid of thought, it's to train our minds not to entertain them all.
- 5) This is a practice. While you may experience results immediately, you will experience greater benefits over time after you've developed a daily practice