

**FIND YOUR  
PERFECT MEDITATION**

## WHICH MEDITATION IS RIGHT FOR YOU?

Meditation is like food for the mind, and like food, sometimes it gives you energy, other times it makes you sleepy and if it's wrong for you, it will result in you feeling out of sorts. So, it's important to choose meditation and mindfulness that works for you. In this guide I'll show you how.

I have developed a flow chart with some different options but before diving straight in, it's a good idea to consider some of the basics.



# WHAT IS MINDFULNESS MEDITATION?

Meditation is the tool that helps us choose the part of the brain that is most active and influential on our behaviour. Mindfulness helps implement this in everyday life through greater emotional intelligence and awareness of our values and goals.

## MINDFULNESS

being present

Mindfulness is the state of being in the present moment. It is the way we approach whatever we are experiencing and relates to us being fully engaged through our senses to the here and now. Sometimes we let our mind relax but being mindful means we can still witness this and pull it back should we need to.

avoiding autopilot

We are estimated to be on autopilot approx 50% of the time. It has been proven that we are always happier in the present moment, so being mindful is positively correlated with greater levels of happiness.

master of your mind

Our mind is said to be a fantastic servant but terrible master. Mindfulness is about taking control back of the mind, especially persistent negative thoughts and worries. It's about seeing impulses and being in charge of which to follow.

## MEDITATION

formal training practice

Meditation is the practice, normally seated, where we rest our focus on an anchor, often the breath or on one of the senses, and when our mind wanders (it does this naturally every few seconds) we notice this and pull it back to the point of focus.

not an empty mind

Meditation is not about being focused without interruption but about noticing interruption and refocusing. Meditation has been proven to improve levels of focus and concentration, thus helping us to perform better at work and in relationships.

changes the brain

Meditation helps us to dampen down the emotionally reactive part of our mind, often referred to as the Chimp brain, and instead engages the prefrontal cortex which is the more rational part of the brain. This helps us to become more emotionally intelligent and less reactive to incoming signals.



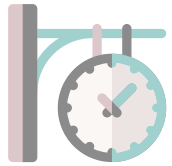
Manage uncertainty & change with equanimity

JOY

Allow themselves to feel happiness & joy



Manage difficult emotions & use them for good



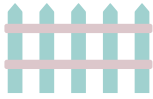
Live in the present moment



Accept themselves exactly as they are



Respond rather than react



Say no & have strong but fair boundaries



Understand the power of kindness & connection



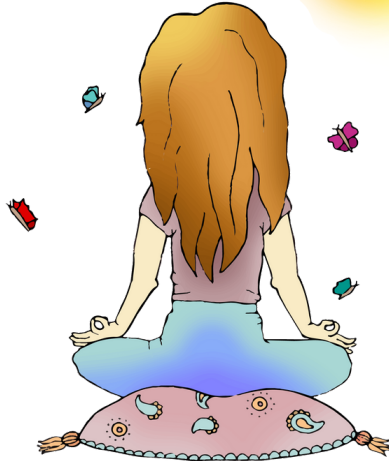
Understand their purpose & passion & have courage to pursue them



Focus on what can be controlled & influenced



Stretch themselves beyond their comfort zone



# THINGS MINDFUL PEOPLE DO DIFFERENTLY



They are kind & compassionate to themselves & others

See the silver lining & are grateful for it



Don't get attached onto judgements



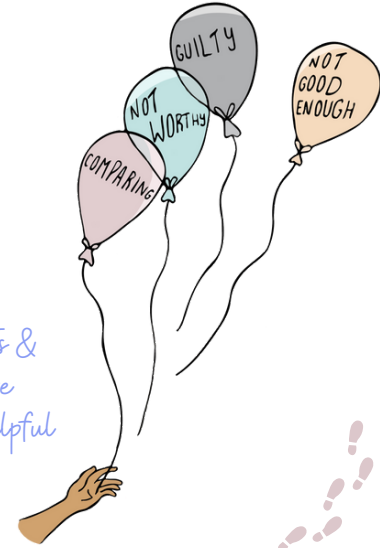
Know when to push through & take action



Rest when they need to (without guilt!)



Speak their truth & communicate heartfelt wants & needs when it matters

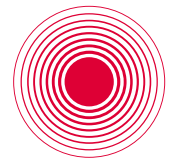


Let go of thoughts & emotions that are unhealthy or unhelpful

Take small steps forward



Manage their thoughts & know they are not facts



Let go of suffering, even in the midst of pain

# are you a beginner?

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## Getting started

If you are new to meditation then start with a short meditation. The longer ones could be of benefit however you are more likely to spend a lot of time thinking and mind wandering and this could lead you to boredom or the (mistaken) belief that meditation isn't right for you.

The feeling of meditating is subtle so don't get hung up on if you are doing it right. Set the intention to listen and follow the guidance. The rest will come in time.

Remember your mind is meant to think and it will wander every few seconds. The key to successful meditation is noticing when the mind has wandered and pulling attention back into the present.

Sometimes meditation feels great and you find a lovely quiet place inside, but at other times it's a battle to keep focused. One of my golden rules is to judge the success of meditation on how you feel throughout the day after meditating, not on how you feel for those minutes while meditating.

It's often on the days when it feels hardest that you get the most benefit and those are definitely the days when you need it most.

Don't worry about distractions or background noise, they all add to the effectiveness of meditation.

# THE QUESTIONS WE ASK TO HELP CHOOSE

Are you sleep deprived or exhausted?

Falling asleep is common during meditation especially if you are sleep deprived. I don't believe this is a huge issue as your body obviously needed the rest. However, if you choose the right meditation it can help you compensate for lost sleep and help you get through the day feeling more alert.

Do you feel wired or like you have excessive nervous energy?

If you have so much nervous energy that you feel manic or wired, sitting down with eyes closed may be too challenging. The state of the mind often reflects the state of the body and you may find it easier to slow the body down rather than force it to an abrupt stop.

Do you need to focus after the meditation?

Some meditations are great warm ups for focusing and concentrating. They wake the brain up and fill the body with energy. These are the meditations that are best for during the day, first thing in the morning or in the early afternoon to beat the afternoon slump.

Will you sleep or relax afterwards?

Relaxing meditations take the focus away from the mind and into the body and encourage the parasympathetic nervous system to switch on, helping you to rest and relax.

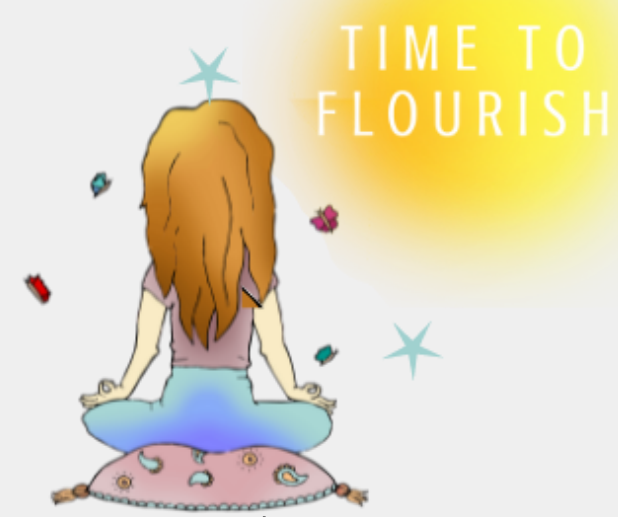
Is your mind racing?

If your mind is full of persistent thoughts, especially negative ones, then sitting and focusing on thoughts may be unhelpful and most likely unpleasant.

What is your mood?

The right meditation can help improve our mood. There are specific meditations that have been developed to encourage feelings of love, kindness and connection which can improve our mood. Anxiety pushes the body into a state of stress, preparing us to fight or flee, thus making it harder to sit still and it can be more challenging to focus inwards.

# FIND YOUR PERFECT MEDITATION



Click the title in the green box to start your meditation

# CONTACT

For more resources and information on courses and coaching please contact me.

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Website [www.timetoflourish.co.uk](http://www.timetoflourish.co.uk)

[Book a 30 minute call here](#)



Meditations can be accessed via the flowchart or directly from the full library of over 25 guided meditations which can be found here:

[www.timetoflourish.co.uk](http://www.timetoflourish.co.uk)