

Barbara L Cummings

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# Why Meditate?

Why Not? Try it – You might like it!



Meditation offers us a new space within which we can finally turn down the chatter and listen to our inner wisdom. It helps us come to know an inner strength and confidence that carries us through our years, our days, our minutes. It allows us to have sassy, sensual, successful lives.

- Create a time when you will meditate each day. Traditionally, early in the morning is recommended, although any time works. In the beginning, having the same time every day will help you create a “habit” of gifting yourself with the opportunity to connect with your divine self.

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- If you have a favorite scarf or shawl, it can be placed over your head and/or shoulders to help you create the sacred space for your meditation. With time, you will associate having the scarf as a trigger for dropping under the chaos of life and finding your inner peace and quiet.
- Choose or make a space where you will meditate. It might be a favorite chair or on the floor or your bed. Try to sit with a straight, but relaxed, spine. Use pillows to prop your body if necessary. I've seen many women create what looks like a nest to assist their meditation. You should feel comfortable, supported, and able to breathe easily and deeply.
- Remember that ultimately you will find yourself able to turn anything into a meditation. It's being able to focus and find your inner calm no matter what is going on around you. It's being able to quiet your own anxiety and turmoil in any situation and find harmony in your world.
- Meditation is the gateway:
  - o to your creativity
  - o to learning to trust and say "Yes" yourself
  - o to honoring your intuition
  - o to rejoicing in your desires
  - o to body and soul confidence
  - o to feeling centered and able to let go of your "stories"

### **Accept the Invitation**