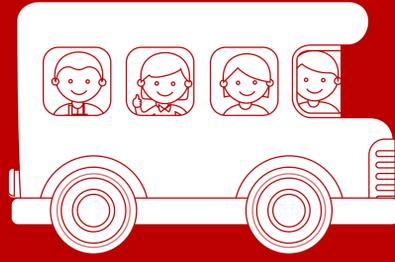


How To Meditate On The Go

Nowadays, it is common to hear people complain of stress. Children have more homework to do. Adults have a hard time detaching themselves from work. Modern technology does not seem to lessen the amount of stress either. In these times, having a minute to calm the mind and meditate is one of the best things you can do for your mind.

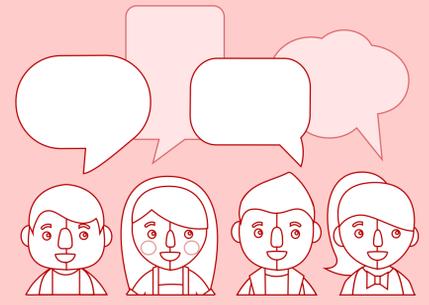
1 Walking to the station



Taking a walk is the perfect time for your mind to wind down. In even just a few minutes to the bus stop in the morning, you can take this time to “walk mindfully”. If you run, motorbike or car, park it a block away from your office so you can have the time to walk.

Be mindful of your surroundings when you walk, look at where you are walking and how you are walking. This will help you stay in the moment instead of letting your mind wander through your never-ending to-do list.

2 Mindful conversation



When you talk to someone, you don't often really listen to them. This happens to the most of us. We half listen to their words while trying to think of what we would say next.

To stop being self-absorbed in ourselves and invest in having a meaningful conversation, try and really listen to what is being said to us. It puts the focus onto the other person and makes them feel comfortable.

3 Accept your thoughts



You would think that meditation is getting rid of all thoughts in your heads. That is completely wrong. The key is to accept your thoughts! To reach the state of meditation, you should see your thoughts as if you are looking at the weather. You don't try to change the weather, you try to live with it. Don't judge yourself - This is the key to not being attached to your thoughts.

In a way, meditation is a bit like falling asleep or falling in love...you can't make it happen. In fact the harder you try the further it gets away. It is a natural process of unwinding which requires surprisingly little effort.

4 Breathe in and out



After a stressful hour, sit still at your desk and focus entirely on your breathing. There is no need to sit in a Buddha pose, just relax for a few minutes and focus on your breathing. Feel your breath coming in and out of your nose and fill up your lungs.

5 Tech it up



There are many meditation aid apps out there. For example, Headspace allows you to meditate wherever you are for 10 minutes. The app guides you through the process and helps you ‘check in’ with your body and ‘scan’ it.

Another app to create a “mediative environment” is Free Relaxing Sounds of Nature app. This app features 25 soothing nature sounds, plus another 35 sounds that you can use to craft your own relaxation soundtrack. At the end of a tough day, isn't it nice to drift off to the soothing sound of nature?

Try another way: Mindfulness technique

Mindfulness is an old practice in Buddhism and is becoming increasingly popular in the West. Mindfulness is said to help reduce stress and achieve a greater sense of control over their lives.



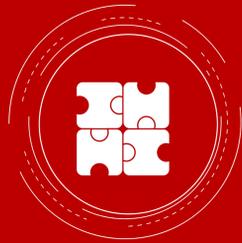
Start your day fresh with a morning breathing practice, or seat to zen



Before entering the workplace, remind yourself of your organization's purpose and recommit to your vocation as a leader



Throughout the day, take a short break now and then to take a look at your surroundings and be present before undertaking the next critical task



Review the day's events at the close of the day to prevent work stresses from spilling into your home life



Spend at least 5 minutes each day doing nothing



Get in touch with your senses by noticing the temperature of your skin and background sounds around you



Pay attention to your walking by slowing your pace and feeling the ground against your feet