

A person with short brown hair, wearing a white t-shirt and dark pants, is sitting in a meditative pose on a grassy hill. They are facing away from the camera, looking out over a vast landscape at sunset. The sky is a mix of orange, yellow, and blue, with some clouds. In the distance, there are mountains and a body of water. The person is sitting on a dark blanket or mat. A black bag is on the grass to their right.

7

# REASONS WHY SUCCESSFUL PEOPLE MEDITATE

# Meditation for Success

Often people dismiss meditation as a spiritual path that only works for certain religions. However, there are many benefits of meditation that can help you become more effective in your personal and business life.

It is a great tool for getting you what you want – SUCCESS!

You do not have to renounce everything you know. You can improve your life, get to know yourself, and achieve more with a daily meditation routine.

Some of the many benefits include:

**Better focus and concentration** – Having better focus allows you to accomplish more in a shorter amount of time. Meditation will help improve your concentration allowing you to get more done.

**Being present** – Being more in the moment keeps you from focusing on past problems or problems that may occur. Instead,

you are focused on what you are doing now and can create an appropriate plan of actions.

**Improved problem-solving skills** – Having a larger capacity to deal with various problems improves your ability to be successful. You can learn to solve problems in a holistic way that allows you to see the whole problem instead of part of the problem.

**Greater personal awareness** – Meditation helps you learn the tools you need to live a happier, healthier life.

**Lower tension and stress levels** – Stress is one of the worst ailments in life. Lowering your tension and stress levels allows you to have more energy to deal with more daily activities.

**Improved relationships** – As you get to know yourself better, you learn how to relate better with others. You can become a more easy-going person who is willing to help others more.

**More enjoyment and enthusiasm for life** – Learning to manage your limitations increases your happiness. Meditation will help you create balance in your life and help you maintain that balance.

Having greater success in life and business is a great reason to start meditating. You'll find that the benefits positively impact your life.

# **Meditation Helps You Handle Daily Stress Better**

In one simple sentence, meditation helps you clear away all the unnecessary information that you build up in your brain throughout the day.



Stress is felt and dealt with every day whether it is a daily pressure or an overwhelming situation. It can be broken down into the supply and demand of your emotional resources.

It doesn't matter if the stressor is valid or only perceived – what matters is that you feel responsible to respond to the pressures and situations. What you need to do is create a space in your emotions regardless whether you need to respond or not.

## **How does meditation help with stress management?**

Meditation helps clear space in your mind to work through the everyday stressor to determine which need our attention the most. Plus, you will be able to feel the calm, relaxed feeling throughout the rest of your day.

Think about it this way – if you had the space and calmness to distinguish between the necessary and unnecessary, your stress levels would be very different. Unfortunately, most people do not

have the space or calmness in their minds. Meditation will give you this space and calmness covering the demand portion.

The supply portion is covered by the increased resources that meditation creates. Your mind becomes more elastic, allowing it to adapt more easily to the daily stressors. You will gain more mental resources and become more capable of dealing with stress.

## How does meditation help with stress prevention?

Meditating on a regular basis will help you prevent stress by helping you create a baseline for stress which allows you to keep control in stressful situations.



Loss of a loved one, divorce, and moving on are some of the common high stress events that people experience. They all demand a lot from you, however, with meditation you can give yourself a tool to be more prepared to deal with them. It will even

calm your inner peace because you can better process your emotions.

Meditation reduces stress by creating more space in your mind to reduce the pressure caused by deciding which stressors need your attention. You have more mental resources to cope with them, and you are better able to handle stressful situations.

# **Meditation Increases Productivity and Efficiency**

Multi-tasking seems to be a part of modern life. Although multitasking seems like a great solution to your hectic life, doing several things at once means that you aren't doing your tasks to the best of your ability.

Meditation improves your mental facilities, creativity, focus, relaxation, and concentration. You will find that with a daily practice of meditation you are able to get more done because you focus on one thing at time.

## **Improved creativity**

Your creativity will be enlightened with meditation because it will remove the stress and increase your intuition. This clears your mind of limiting beliefs, allowing you to become more effective at problem-solving by unleashing your creative flow.

## **Are you a victim of fatigue?**

Fatigue defeats you 100% of the time. It keeps you from being able to fully concentrate. On the other hand, meditation can energize your body and refresh your senses.

Wouldn't it be nice to end each day with a sense of accomplishment? You can by fighting back against fatigue with meditation.



Fatigue and stress are also great enablers of procrastination. With them out of your way, you will get become more productive daily.

### **Work more efficiently**

Having a clear, energized mind allows you to look at things with a new perspective. Using a new perspective as you work will allow you to work more efficiently because you will be able to see that there are other options available.

# **Meditation Improves Brain Functions and Elasticity**

There has been a lot of research around how meditation affects your brain. One fact that keeps popping up is that meditation positively alters the way your brain functions on a fundamental level.

Those who practice meditation on a regular basis show many neurological benefits. One of the greatest being that there is more activity in the connections between the different regions.

Greater connectivity within your brain means that it will age slower. As the brain ages it loses its elasticity – that part that allows for adaptation to your high-stress situations.

## **Your brain slows down**

This may seem like a counterproductive thing to do, but you want your brain to slow down. When your brain slows down, it can process information more effectively. Therefore, you perform anything with peak focus, concentration, and creativity.

The more elastic your brain is, the more effectively you can complete every day tasks and high-stress tasks. You are able to think through the situation and process it in a way that others can't.

You also inherently improve your memory. Over time, as your brain ages it loses memory. However, with meditation you can maintain your memory – if not improve it. The more you are able to remember without having to dig deep, the more productive you will be.

# Meditation Helps Reduce Anxiety and Depression

Meditation is a mainstream technique for managing many health issues. Meditation was also proven effective in reducing anxiety and depression as well.

Mediation helps train your brain to stay present – remain in the current moment. All too often your brain jumps to the future or the past. Dwelling on what has happened and what could happen is what causes anxiety and depression.

Instead, meditation helps you let go of past regrets and anxieties about the future. The idea is that you stop your mind from wandering and remain connected with your body.

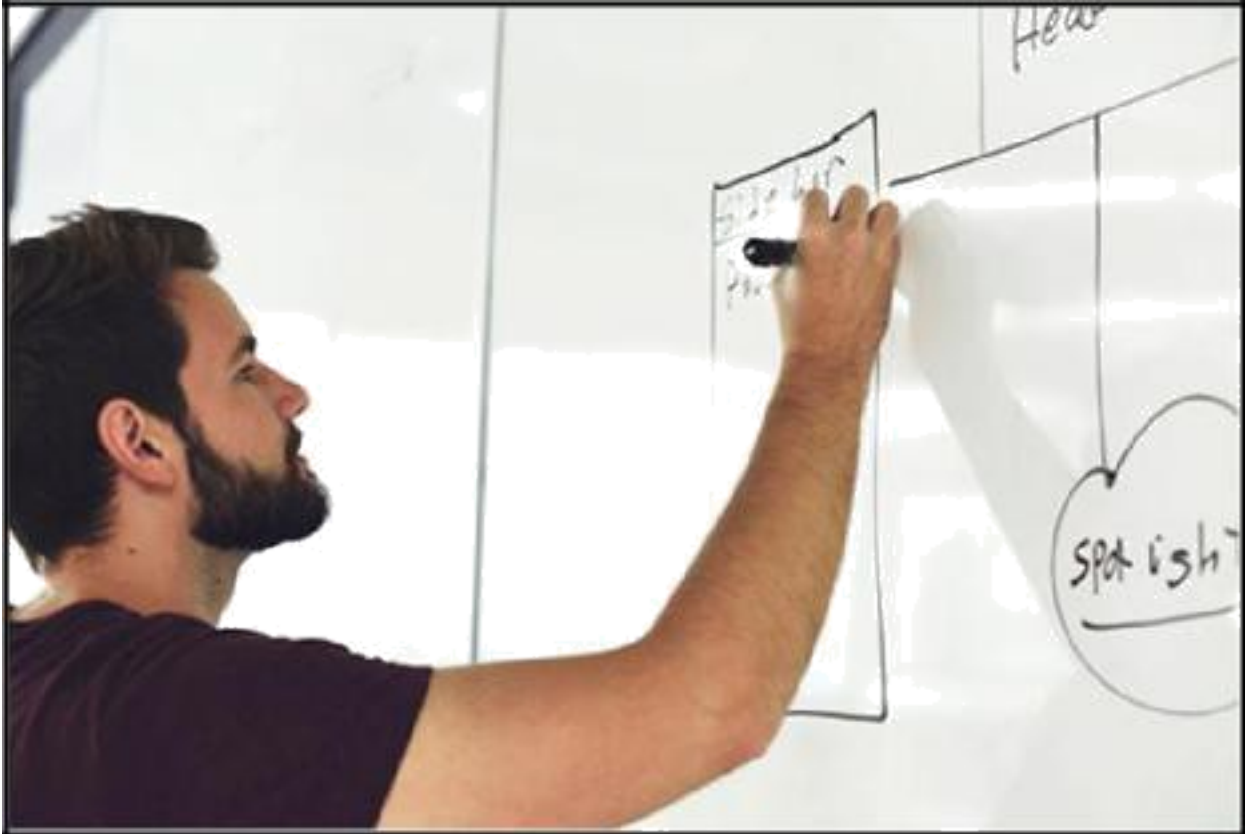
In a study done included in the *JAMA Internal Medicine* review, Dr. Hoge discovered that a meditation-based program designed to reduce stress helped eliminate anxiety symptoms in those with generalized anxiety disorder.

Entering a state of calm within your mind will allow you to reduce, or maybe even eliminate any anxiety you may have about your life or business. So it's no surprise that highly-successful people continue to find that meditation helps tremendously in their personal and professional life.

## **How do you use meditation to reduce depression?**

It is all about your thoughts. You can easily meditate almost anywhere and immediately help fight against depression and anxiety.

Find a quiet spot without any distraction. Sit and keep focused on your breath. It is normal to have thoughts pop up, but you don't want to force them out. Instead, you want to embrace the thoughts.



This is a great practice if you are working on a tough work assignment and find yourself getting frustrated or stuck. Allow yourself to stop and begin focusing on your breath.

Embrace the thoughts that come. This doesn't mean that you have to be happy with them. Simply allow yourself to notice what is happening with those thoughts without getting frustrated. Accept all the thoughts as they are.

You will find that this takes practice, but the more you do it the more you will discover yourself taking control of the situation and calmly making the best decision. You want to create distance between your negative thoughts and your reactions.

The idea is that you react with rationalized, creative processes instead of angry, frustrated emotions. The negative emotions and reactions are what keep you from becoming successful.

# **Helps You Fight Disease and Stay Healthier**

Nowadays, people are getting more health-conscious than ever before. There is more to being healthy than a good diet and exercise program. Your brain and the overall health of your mind plays a huge role in the health of your physical body.

Possibly the greatest reason successful people meditate is because of its affect on the body's overall health.

Meditation can increase immunity, improve emotional balance, promote fertility, relieve stomach and bowel issues, lower blood pressure, reduce inflammation, and increase your calmness.

## **Increased Immunity**

You have better immunity if you are more relaxed in life. Studies have found that daily relaxation through meditation can reduce the risk of breast cancer and help you live longer. When you relax, your body can build up its resistance to tumors and viruses.

## **Improved Emotional Balance**

Having emotional balance means that you are better able to cope with stress. Meditation may not remove all past emotional trauma, but it can certainly help reduce it and prevent further trauma. Using meditation will help you bust through those emotional walls to achieve success.

## **Promotes Fertility**

One huge stressor that can prevent success is infertility. Using meditation to help your body relax will help your hormones balance out. Both men and women can benefit from meditation.

## **Prevents Stomach and Bowel Problems**

Practicing meditation can help alleviate constipation, bloating, and diarrhea. It can also help prevent heart burn and acid reflux.

## **Lowers Blood Pressure**

Improving your body's ability to respond to stressful events will help lower your blood pressure. Instead of worrying about the next

stressful situation, you will be able to relax and focus on your current goals with a meditation practice.

### **Reduces Inflammation**

Stress can lead to inflammation – and other conditions which are linked to it such as heart disease, asthma, psoriasis, and arthritis. Reducing the stress related inflammation will help you and your whole body feel better.

### **Increased Calmness**

The level of calmness a person has at any situation determines his or her level of success. Meditation helps you reach a state of calmness that will carry itself through whatever you do. It can also lower the blood pressure, reduce inflammation, and increase your calmness.

# Improved Weight Management

Meditation is an effective tool for weight management. It is so powerful because it connects the conscious mind with the unconscious mind. Most of what happens with your weight is due to the reactions of the unconscious mind.

Your unconscious mind has a huge impact on your health – including your weight. It determines whether you choose to eat unhealthy foods or control those cravings.



Eating a healthy diet is one of the best ways to help yourself become more successful. The nutrients and minerals you get from your foods help you remain focused, concentrate, have more energy, avoid fatigue, and better prioritize your day.

It goes back to the stressors that you face each day. By reducing those stress levels, you can also reduce the amount of bad choices you make when it comes to food and fitness.

Think about this – even if you are making good choices, the stress itself will hold the weight on your body. Yes, that's right. Stress itself loves fat.

Stress is the primary trigger for weight gain and the prevention of weight loss. If you have been dieting and exercising without any success – look at the stress in your day to day life.

Meditation can directly improve your ability to better manage your weight by helping you release the stress.

# Better Sleep

The common belief is that you get more done when you sleep less. The truth is that you get less done. Sleeping more will help you get more done.

When you have fewer than seven hours of sleep a night you cannot function properly – your body cannot function properly. Although you may feel that you are accomplishing more, your body is moving slower, thinking slower, has less creativity, and is not able to optimize your workflow.

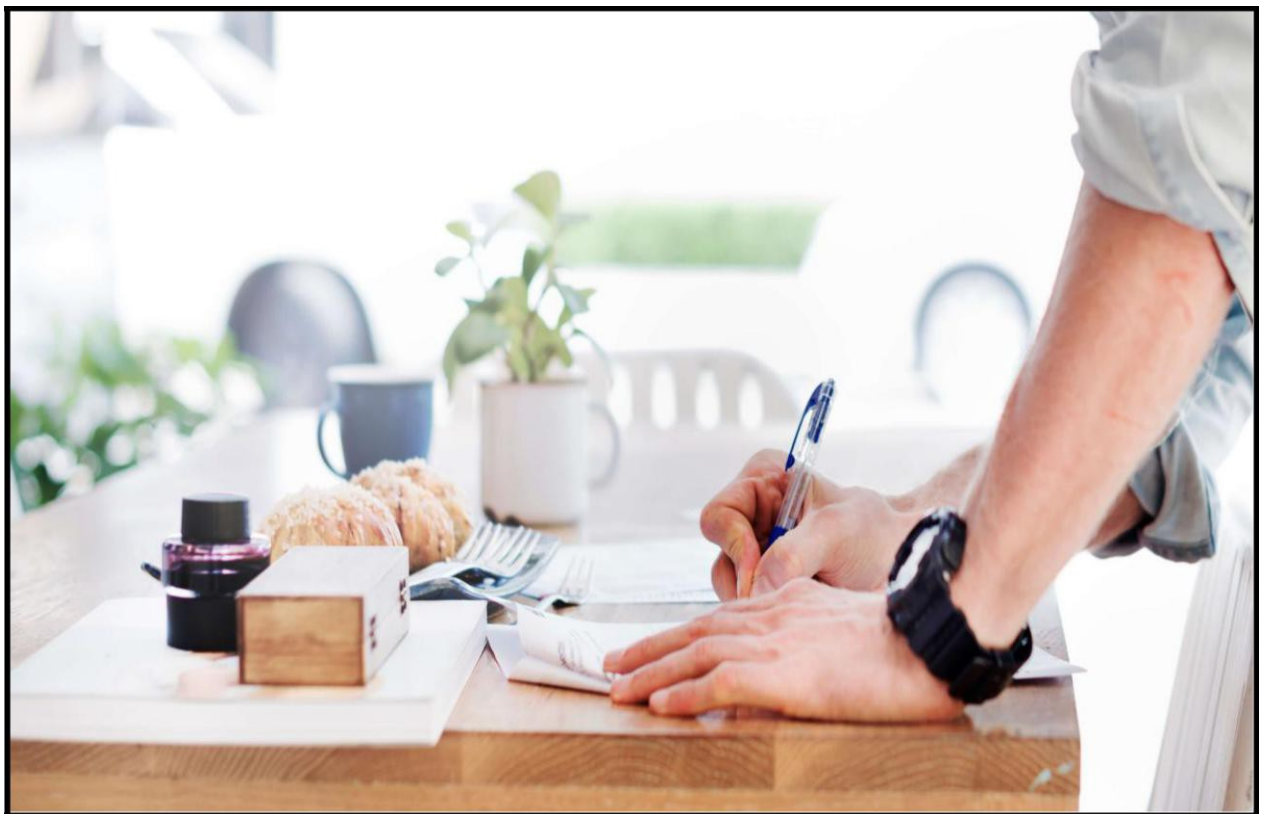
You need between seven and nine hours of sleep to avoid any sleep deprivation side effects. Stop feeling guilty about sleeping. Begin thinking about how much better you will perform when you get adequate sleep.

If you ask any successful person, they will tell you that learning is the number one secret to their success. This is because they get the sleep they need to acquire new information.

When your body is fatigued, it does not want to hang on to more information. It wants to rest. Sleep helps your brain process all that new information so that you can put it to good use.

Plus, when your body is functioning on proper amounts of sleep it will be able to recall that information quicker.

You can then take that new knowledge and apply it to your work. You can use it to become more creative. You can use it to be more organized and accomplish more.



One more thing that sleep can do is to stop you from making errors, especially when performing tasks or making important decisions. Errors in performing tasks can cause a lot of pain and frustrations. You have to literally spend more time and effort to rectify that error rather than performing that task just once.

## **Meditation and Sleep**

Meditation is the best way to help your body relax. You can meditate in the morning or in the evening to improve your sleep.

Once your body can relax, it can easily switch into relaxation mode at any time throughout the day. In other words, meditation can help prevent chronic insomnia. With the stress and anxiety reduced, your body can relax into a deep, optimal sleep.

# How Do You Turn Off the Stress?

You allow yourself to relax.

Today, that is much easier said than done. The following techniques can be used each day – throughout your day – to help you turn off the stress.

## **Do a body scan**

Start with your head and work down to your toes. Focus on how each part of your body feels. Notice if you have any tension, if your relaxed, or if your anxious.

Then, allow each body part to relax. Start at your toes and work your way backwards, up to your head. Let each one fully relaxes before moving onto the next.

## **Focus more on your breathing**

When you breathe there is a process. Several times throughout your day focus on that process. Take 3-5 deep inhale-exhale combinations.

When you notice your thoughts begin to wander, return the focus to your breath. Continue this process 2-3 times.

## **Use visualization or guided imagery**

Both will have your focus on a scenario in your mind. You can try picturing yourself accomplishing tasks throughout the day and imagine how successful you'll feel at the end of the day. You could also focus on how you will spend your next day off. Whatever you choose, take time to notice and feel all the little details.

If you choose to use guided imagery, there are many audios available to you online and offline.

# Quick and Easy Meditation You Can Use Every Day

Successful people meditate for the simple fact that it helps them be successful. Without meditation they would lose their focus, concentration, creativity, and awareness. Instead, not meditating will increase your stress levels.



Meditation may seem like a daunting task, but it is easy to get started. Use the following step-by-step process you help you begin meditating every day.

## **Step 1: Find a quiet place without distractions**

You do not want to be interrupted while you meditate. You want an area where you can sit or lay down, depending on which is more comfortable for you. Make sure you will be distraction free for five to thirty minutes.

You can sit in a chair, cross-legged on the floor, or lie down. (It is okay to have comfortable cushions or blankets to use.) Let your hand fall where they are comfortable. You want to be in a position that you can remain in for a period time without moving.

## **Step 2: Get in the moment**

Focus on the present. Focus on your current surroundings. Focus on your senses – what do you feel? What do you hear? What do you smell? What do you taste? What do you see?

Notice if there is any tension in your body and where it is located. Pay attention to where your thoughts want to take you and come back to the moment.

### **Step 3: Concentrate on your breathing**

Take long inhales and exhales. You do not have to count, but if it helps count to 3 or 5. Make sure you breathe through your nose.

Your thoughts will wander, simply bring the focus back to your breathing.

### **Step 4: Notice your body relaxing**

Your body will begin to relax. Notice where it relaxes and how it relaxes. You may want to begin with your toes and work up to your head.

As you focus on each body part, remember to keep breathing. You want to exhale the stress from your body.

## **Step 5: Practice makes perfect**

It may feel weird at first, that is okay. Keep at it. Practice each day for 5 – 30 minutes. Begin with five, then move to ten, fifteen, and so on.

Remember that this is for you and it doesn't have to be perfect – you simply want to build a success habit.

# Other Easy Meditation Techniques

You may not be ready to sit and begin meditation. Or, you may not feel that is for you. There are other ways to meditate that do not involve sitting and focusing on your breath.

## **Walking Meditation**

You can try walking meditation. It is very similar to the meditation guide in the previous chapter, except you are walking. You want to make sure that you choose a place to walk that is going to be safe.

Since you are focusing on your breath and steps, you do not want to walk in a place with traffic.

Walking meditation is a great lunch break activity to recharge your energy for the day.

As you walk try focusing on your foot. Notice the heel touching the ground, rolling up to the toe, and lifting in the air. Feel it landing on the ground. Notice the sensation of taking a step throughout your body.

You can inhale three steps and exhale three steps. Remember, even with this technique your thoughts will wander – keep bringing them back to the moment.

## **Interesting Experiences**

Every day we have those unexpected experiences. They make us feel great because our brain is not focusing on the chaos of the day. It stops to enjoy the moment.

You can cause these experiences to happen. It's about creating a fresh experience. When you leave work, give yourself a few minutes to leave it behind and get ready for what happens next.

If you go home to your family, act like you have not seen them in months. Let them know you love them and act as though nothing has happened that day except seeing them.

Another way to try this is to really focus on each person throughout the day without focusing on your current To-Do's. For example, when someone in line at the store starts a conversation with you, focus on that one person and stop thinking about work.



Or, if you are talking with a co-worker focus on something that isn't work related and enjoy the moment. Let everything else around you go.

These scenarios work because they allow your brain to take a break from the chaos of every day life. You can relax and enjoy the moment.

## **Gratitude Activities**

Another way to help your body relax is to notice all the things that are good in your life. Notice all the things that you have accomplished today, yesterday, this week, this month, and this year.

You can keep a gratitude journal by writing in it every day. You can have a friend that you call or email that you share daily gratitudes with, or you can have daily family meetings to share your successes.

Noticing the happiness and success in your life only help you gain more.

# **How Do I Become More Successful with Meditation?**

You can integrate meditation into your daily life to become more successful. Use the strategies throughout this book to help you live a healthier, stress-free life.

The key to becoming more successful is to reduce the stress in your life so that you can gain more focus, concentration, creativity, health, and energy.

## **Meditation Is Not Ancient Anymore**

Meditation is no longer an ancient religious practice that you read about in history books. It is an ancient religious practice that has transformed into a modern practice of self-growth and awareness. It has helped thousands become more successful.

Developing a meditation practice will help you become more successful and achieve your life's purpose.

1. As you learn to meditate, think about it integrating into all parts of your life. You want to live a lifestyle that compliments your meditation.
2. Be sure that you remain committed. It will take time to learn this new technique for success. Practice every day knowing that you will be better tomorrow.
3. Keep your focus. Know why you are learning to meditate and keep that purpose in mind as you learn this new skill.
4. Develop a mindset that allows you to practice meditation each day. Do not feel that it must be done a certain way or the exact same every day. Allow yourself to learn through the process.
5. Remain connected with your feelings and emotions. For meditation to work, you need to relate to your feelings and emotions. Feeling through your senses will allow the best meditation practice.

## **Meditation for Success**

Know what you want. Use meditation to help you get there. Successful people all over the world use meditation as one of their tools.

Decide what, when, why, and how you want to begin your practice – plan it – and do it.

Take your meditation practice from home to work, and back again. Once you learn the basic techniques of meditation, you will see improvements throughout your entire life.

You may not be 100% ready for this, but you can start somehow. Start with a five-minute daily practice in the morning or evening. Then, you can add time from there. It only takes a starting point to build a successful life.

