



# You Are Already Meditating

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Did you know you have been meditating every day? What you think about frequently, the thoughts, concerns and intentions are the focus of your meditation. When you are worrying or filled with anxiety and fear, your mind is meditating on that. Even when you are dancing, running, playing sports, your mind is focused in on that particular activity. Have you ever driven in your car while in deep thought about a something, becoming so focused in thought you become fully unaware of the outside world. Your mind enters a meditative state while your body continues on autopilot driving safely to your destination. Does any of this sound familiar?

Imagine if we took this skill and incorporate it into our lives in an effective and powerful way, where you can get the results you need.

Studies have shown various forms of meditations can increase emotional balance, increase immunity, lower blood pressure, create calmness and much more. A study conducted by Dr. Herbert Benson, founder of Mind-Body Medical Institute, reported that meditation induces a host of biochemical and physical changes in the body collectively referred to as the "relaxation response." The relaxation response changes heart rate, respiration, blood pressure, metabolism and brain chemistry.

Here are three simple steps to help you begin meditating:

1. Decide when and where you want to meditate.
2. Once you get comfortable, close your eyes and begin taking long slow, deep breaths from your abdomen. Imagine yourself sitting on grassy ground, sunlight gently wrapping your body, the smell of fresh flowers all around.
3. Continue to be in that space for as long as you can. During the meditation, you can create a clearing in your mind. Once you are ready to come back open your eyes slowly and once again become aware of your surroundings.

There are many ways to meditate. Investigate and explore what types of mediation work for you. The important thing to remember is that there is no right or wrong way of meditating; it is all about what works best for you.

**"WHEN I HAVE AN  
ASTHMA ATTACK  
I FEEL LIKE A FISH  
WITH NO WATER."**

**-JESSE, AGE 5**



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