

GOOD IDEAS

Take 5 minutes to...

Meditate

Shivani Adalja of The Alignment Institute (shivaniadalja.com) has learnt the art of meditation in many parts of the world, and offers guided meditation to help with everything from stress to memory enhancement. Here she takes you through a quick and easy session

Everyone is living in the fast lane these days. You drive to work while talking on the phone and making mental notes. Or you are cooking while loading the washing machine and are on the phone while keeping an eye on your toddler. Multi tasking has become a way of life. While planning your day or week, do you focus on yourself? Do you even realise how much stress do you tend to absorb while performing your day-to-day activities? By the end of the week you are no longer able to go on and invariably your body starts breaking down.

The practice of meditation has helped combat stress for centuries and helped improved mental and physical wellbeing. So what if you don't have a couple of hours to spare? Practice five minutes of simple meditation twice a day to relax your mind, body and soul.

- 1 Start by lighting incense or scented candles.
- 2 Play soft music and switch off your phone.
- 3 Sit in a comfortable position or on the floor. Close your eyes and slow down your breathing.
- 4 Let all thoughts pass through your mind. Don't stop or resist thoughts.
- 5 Focus on the soothing music and keep breathing slowly.
- 6 In a few seconds you will notice that your body is becoming loose and mind is beginning to relax.
- 7 Visualise yourself sitting in a beautiful bubble made of warm white light. This light now slowly penetrates your entire body, all the cells, helping you to relax and sooth all the muscles and joints.
- 8 Repeat in your mind that this bubble is like a protective shield around your body and no matter what happens around you, the stress will not be able to penetrate this protective shield from this moment onwards.
- 9 Continue breathing deeply and slowly until you relax completely.