

Practising *Meditating*

Meditating reduces stress, improves memory and alleviates the symptoms of depression.

But how do you quiet your mind enough to get those benefits? It takes practise. Thinking is a process, it involves you actively doing something. Thoughts and ideas may arise seemingly unbidden, but it is up to you whether you get on that train of thought and actually start thinking or not. It is possible to notice that a thought is there and let it waft on past. Imagine it as a bubble that can drift away as you breathe.

Do my 5 Minute Meditation, and keep doing it every day, gradually increase the time, and you will start to train your brain to give you a sense of calm you will love.

Nic Walker's 5 Minute Meditation

Set a timer for five minutes

Slowly take a deep breath in, so that you can feel your stomach pushing out, drawing down the diaphragm to fill your lungs fully.

MEDITATION ROOM

Guided Meditations with Nicola Walker

Tuesdays
7.30pm-8.30pm

RESERVE YOUR SPACE NOW

"Nicola's considerable skills, attributes, insight and professionalism exemplify those standards that you would find only in the top percentile of training provider organisations."

**Dean Mortimer, Business Development
Director, M3 Occupation Health**

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Nic with Paul McKenna - I help people change their life with a variety of techniques, meditation is just one of them, laughter is another, and I used to assist on his NLP trainings and we met again at the Havening Conference last year.

Slowly release the breath, by pulling in your stomach muscles to expel all the breath like a long sigh. Imagine that breath going all away across the room as you do so, exhaling just a little more than you inhaled. Repeat twice more. Relax your tongue loosely on the floor of your mouth and let it lay limply for as long as it's comfortable.

Now, taking slow, regular, even breaths, breathe in, and then out through your nose, focus all of your attention on your breathing. Following the breath all the way down into your lungs and back. Notice how the air is cooler in your nostrils as you inhale, and warmer as you exhale.

If your mind starts to wander, simply return your attention to your breathing once again. If you find it helpful for the part of your mind that likes to talk simply say 'in' as you breathe in and 'out' as you breathe out. Continue until your five minutes is up.