

Meditation and Relaxation

Anxiety is the silent killer. You never know you have a background level of anxiety going on until you finally feel relaxed.

- Anxiety and depression are two sides of the same coin. If you have depression, it is almost guaranteed that you suffer from some sort of anxiety as well. If you have anxiety for too long, it wears you out and you become depressed.
- You need to defeat both anxiety and depression in order to feel 100% and depression free.

Meditation is a way to lower your stress levels, boost your brain, and shut off your brain and anxiety.

- 20 minutes of meditation twice a day has been [scientifically proven](#) to increase the gray matter in the brain and strengthen the prefrontal cortex.
- Ray Dalio, founder and chairman of the world's largest hedge fund said, "I think meditation has been the single biggest reason for whatever success I've had." Ray Dalio is the 33rd richest man in America. Even Seinfeld meditates these days.

Meditation *gives* you the experience of self-acceptance.

- I never was able to *think* my way into self-acceptance, but meditation got me relaxed enough to the point where I *felt* self-acceptance.

How to meditate

- Bubble Meditation
 - Imagine you are sitting at the bottom of an ocean. Every thought that arises forms a "bubble" and rises out of you slowly for about 5 seconds until it is out of view. You do this with every thought, and hold onto each thought for 5 seconds each.
 - Never worry about trying to figure out what the thoughts mean and never judge the thoughts. Just become aware of them, see them in a bubble and watch them float away.
- Breath Visualization Meditation
 - Watch your breath and feel everything about it. As you breath in, really feel your breath hit the back of your throat. When you breath out, feel your stomach collapse and the coolness of the breath as it leaves your body.
 - Ignore thoughts as they rise and bring your focus back to the feeling and visualization of the breath.
- Breath Counting Meditation
 - Count every out-breath up to 4, then restart.
 - Your only focus is on counting, every time your mind starts to wander, you bring it back to counting your exhales.
- Whenever you find yourself distracted or not focused on your chosen meditation, gently yet firmly bring your attention back to whatever it is you are focusing on.
- There is no such thing as a "bad meditation." All that matters is *how hard you try* and your persistence.
 - The aspect of meditation that strengthens your brain and gives you the positive benefits comes from brining your attention back over and over again and by meditating *every* day.
 - Your mind will come up with any excuse that it can to not meditate and distract you. You won't have enough time in the morning to meditate, you will get sudden business insights while you meditate that become more important than the breath, etc.

When to meditate

- Most people find it is easiest to meditate right when they wake up and right before they go to sleep.
 - As soon as you wake up is perfect because you haven't started your day so you can't be

caught up in something and forget to meditate.

- If you are taking amino acids, meditation first thing in the morning is perfect. You need an empty stomach for amino acids to work, so when you wake up, you can take your amino acid(s) and then meditate for 20 minutes while they absorb.

You can't bring myself to meditate for 20 minutes twice a day

- Don't worry! It is extremely hard to just suddenly start meditating. Only promise that you will do it for 2 minutes a day. That is *all*. I'm sure we can all find 2-5 minutes a day to sit down and meditate.
 - This will build the habit of meditation, and you can increase it later on.

You don't like meditation and it sounds new agey

- Deep breathing has been found to reduce stress levels effectively.
 - Instead of meditating, lie down and place your hand on your stomach.
 - Take slow, deep breaths and make sure that you are breathing deep enough that you can feel your stomach rise and fall.
 - Do this for a certain period of time every day when you are feeling stressed.

Other resources

- [How to Meditate: A Guide to Self-Discovery](#) by Lawrence LeShan
- Music to help meditate can be found on Youtube by searching "Meditation" or "30 minute meditation"