

TJ Nelson: This week we're going to talk about meditation. Meditation is a way to shut off your stress, boost your brain, and reduce anxiety. Just like exercise, meditation has been scientifically shown to increase the gray matter in the brain. . This week is about integrating meditation or some sort of relaxation practice into your daily life. Meditation is a way to shut off your stress levels, boost your brain, and reduce anxiety. They have scientifically studied, 20 minutes twice a day of meditation, has shown to increase the gray matter in people's brains, and to increase the strength of their frontal cortex. Just like exercise, meditation literally changes the brain. It's been scientifically proven over and over and over again.

The reason why meditation or something like a relaxation practice, that people do every day, is so important is because anxiety and depression, they're almost two sides of the same coin. If I'm depressed for a certain amount of time, I always, almost always, have anxiety with it. Now people that have anxiety, after a while, they started getting burned out. Their adrenals are getting worn out. The stress is too high every day. Anxiety brings them down and gives them the depression. Depression and anxiety coincide with one another. If you can turn off the anxiety, it helps alleviate the depression and vice versa. If you have anxiety, or if you have depression, and you're not meditating, or doing something to actively relax. I'm not talking about watching TV for four hours a day. You're missing out on one of the biggest factors in alleviating your depression and your symptoms.

I chose meditation specifically because it's a very simple, very easy way to bring your mind into focus, relax and reduce the stress levels. It's scientifically proven, just like exercise is, in reducing depression and boosting your brain's health. Meditation is so popular now. Back in the day, people just thought it was new agey. They just dismissed it to the side as a thing that's coming from India. They didn't want to hear about it. Now, people like Jerry Seinfeld, some of the richest men in the world, actually use meditation. Some of the most successful people of all, in history, have said that meditation is one of the most important factors for their success.

I'm not going to tell you need to do tantric yoga poses for four hours a day, or do all this complex meditational practice, or meditate in a cave. You don't have to do any of that. Meditation is just the simple way to focus your mind. You don't have to make it a spiritual thing. You don't have to make it religious. You don't have to make it all new agey or spiritual. If that stuff bugs you, just remember, meditation is just a way to focus the mind that's been scientifically proven to do so.

Some of the common effects that people report by using meditation every day, is increased confidence, reduced stress. They're calmer, clearer, more motivated.

They have a stronger sense of characteristics within themselves. They have a reinforced personality structure. They have more of the inner signals turned up and amped up, rather than external stimulus and external messages affecting their daily lives. The biggest thing with meditation, is it makes you aware of internal signals and really amps up your self awareness and calms you down.

Anxiety is a silent killer. If you have a degree of background anxiety, you don't even know it's there, until you feel calm. I had anxiety for years and years. I never knew how anxious I was, until I finally felt relaxed for the first time. Anxiety is just that thing that can be just in the background. You don't even notice it, until you try and sit down and just sit for 20 minutes. It's one of those things. You just sit there for 20 minutes. Holy crap. This whole time I didn't even know that I was having these thoughts. I didn't even know these anxieties were coming up.

Meditation is an essential part in reducing your stress, reducing your anxiety, increasing your self awareness, increasing your confidence, increasing your clarity. It's one of the foundational tools that will keep you depression free for the rest of your life.