

TJ Nelson: Troubleshooting and other problems that may come up with meditation. One thing that might bug some people is they think meditation is new-age. If meditation sounds new-age, just don't call it meditation. Just call it focus, just call it relaxation or call it whatever you want but if meditation, the whole idea of it sounds weird, just don't call it that, just focusing on your breath, you can call it I'm building focus or training my mind. If the actual idea of meditation is weird to you, a lot of doctors and a lot of practitioners have found to reduce their patient's level of stress, they can effectively just use something called deep breathing.

If meditation, that bothers you and all you really want to do is learn how to relax, you don't want to do all this other stuff, what you can do is instead of meditating every day, what you can do is just lay down, put your hand on your stomach and then all you want to do is focus on bringing the breath really deep in your stomach so that your stomach rises and falls with your hand and just take deep breaths for 10 minutes or 20 minutes, however, much time you decide. Put your hand on your stomach and just lay down and just take deep breaths for 20 minutes, just do deep breathing. That has been shown to also relax people and give them the benefits of reduced stress and lowered anxiety.

Another problem, people say, "I'm bad at this meditation and I can't do it. My mind can never focus at all on counting my breaths or seeing my thoughts." Again, there is no such thing as bad meditation. Bad meditation can actually be more beneficial than a good one because all you are doing is training your mind to come back to focus. There was a saint, I don't remember if it was St. Theresa or St. Avila but someone asked her, they said, "How long do you just stay focused in that focused state?" She said, "It's the rarest occasion ever. Most of the time, my mind is off thinking about other thoughts." If saint that meditates all the time still has thoughts and still is constantly bringing herself back to the focus and the meditation, then that means you are not going to be perfect. You are not going to have perfect meditation for 20 minutes.

You are still laser focused and all you are involved in is your breath and you forget that even life exists around you, don't worry about that. All you are trying to do is focus as hard as you can and do it every day. If you do that, it will increase the strength of those connections in your brain and it is going to reduce your stress and reduce your anxiety and give you all the benefits of meditation. Let's say you are meditating and you go off track, you don't meditate for a few days. What do you do? Is your whole meditation ruined? No. With that, just be gentle with yourself but firmly come back and firmly start meditating every day once again, that's it. If you stop meditating for a few days, just start meditating for a few days. It's not an all or nothing battle, just always come back in meditation and do it every day.

Another problem is some people; they fall asleep when they meditate at night. Some people confuse, they think I'm going to meditate and at night I should be trying to fall asleep. That's not the case. What you are trying to do is again, focus. Every time you are meditating at night, if you find yourself falling asleep, then it's best to move that meditation up earlier, so maybe in the afternoon, rather than right before you go to bed. If all you are doing is falling asleep while you are meditating, then you are just going to be learning how to fall asleep rather than getting the benefits of learning how to focus and build that strength of focus that meditation brings.

A common problem with sleep also is sometimes people meditate right before they go to bed and they give him too much energy and give them insomnia. With that again, you don't have to mediate morning and at night. You can bring the night meditation up. Personally, I like to meditate at night because again I can take my tryptophan or 5HTP. I can let it absorb while I am meditating and in meditation, I feel really focused and relaxed and then about 10 minutes after I am done, I will fall asleep really easy but the goal of meditation is not to fall asleep or necessarily, if you are doing that at night and it gives you too much energy, if you are having those problems, you don't have to meditate at night. You can bring that meditation forward if you are deciding to do the two meditations 20 minutes twice a day.

Some people, they still might not feel relaxed again, even with the meditation. Some other things you can do anxiety is again check your magnesium levels, take more magnesium and calcium, if you are not already looking into that from the supplement section. Those have been shown to really reduce anxiety and has done wonders for sleep, especially for me. There is also supplement [inaudible 00L05:04] you can take, which reduces anxiety and stress, brings those stress levels down. It's a natural ingredient found in green tea. Also, you can nest with things such as chamomile tea or various other herbs to relax yourself and help you bring down the stress levels that the meditation, all the healthy eating and exercise isn't already doing so.

Again, meditation, deep breathing, relaxation, whatever you want to call it, make sure you do it every day, bring that foundational aspect of reducing stress, increasing the brain matter in your brain in your life every day and it will help reverse depression, relieve anxiety and it will really start to alleviate your symptoms so that you can live a healthier, more fulfilling life.