

Meditation Solutions

for peeps that don't have time to meditate

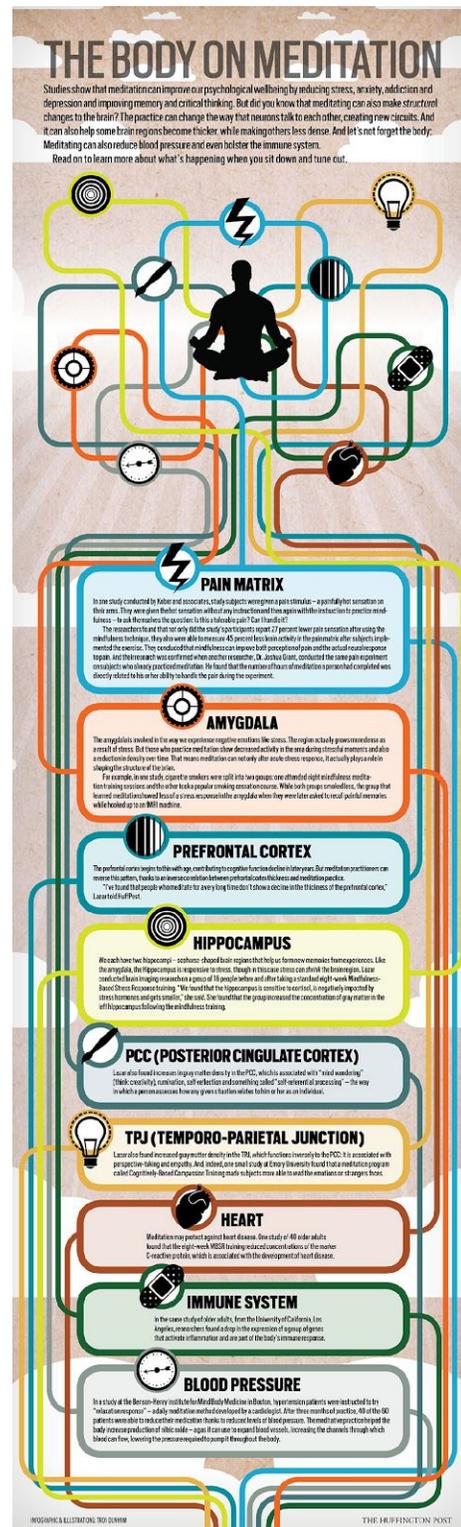
We all know the massive, massive benefits to meditation daily right? And that those benefits grow the more you meditate.

If you are a newbie, check this out...here are just a few of the real benefits of meditation:

- ✓ Stress reduction (yes the kind that causes high blood pressure, heart attacks, strokes, and a whole host of other health related bad news).
- ✓ Improves attention, memory, learning, and conscious perception.
- ✓ Boost immunity (less illness and improved function of the immune system).
- ✓ PMS, infertility problems, and even breastfeeding can be improved with meditation. One study showed a 58% reduction in PMS symptoms.
- ✓ Improves creative thinking.
- ✓ Increases energy.
- ✓ Reduce Pain.
- ✓ Reduce + eliminate depression.
- ✓ Reduces ADD + ADHD in kids.

And no, I didn't make this up, or get this from a download...this is real deal science ya'll rom big studies and authors in the medical AND metaphysical community. The one thing science is still trying to figure out is *why* it works.

Here is a super fascinating infographic from The Huffington Post: (Hint: You can totally click the image to see it full size in your browser)



#ZENQUICKIE

Mmmmokay... so I promised you 10 ways to meditate if you don't really have time to meditate right? Or if you are too lazy? (not calling you out or anything but DO you have time? If you have time to get lost in a Facebook news feed or Reddit for a few hours then uhmmmmmm... you have your answer. Okay, maybe I am calling you out. #sorrynotsorry).

1. Let go of what meditation SHOULD look like. In fact get rid of the word "should" all together. Yes, in a perfect world meditation would take place in a candle lit room, surrounded by peaceful sound waves, with a comfy meditation pillow, and be perfectly uninterrupted.

But that's not what is going to be available 8 out of 10 times in our busy lives.

Meditation can be anywhere, and noise can flow through you without disruptions, and interruptions are okay too. You don't even have to close your eyes!

Let sound flow into and out of your mind, just observe. Let people + nature flow into and out of your vision and mind. Focus on your breath.

Start with 5 minutes and each week double it until you get there. Set an alarm, with all of the technology we all have some level of ADD, set an alarm and don't move until it chimes.

2. The 4-Finger Meditation only takes 60 seconds. AND its super simple + one that kids (age 5+) can really get into, do well and reap the benefits of.

All that is required is one hand and a mantra.

One of my favorites is, "*Peace begins with me.*"

To begin, open your favorite hand, touch your first-finger to your thumb, then your middle-finger, then your ring-finger, then your pinky-finger. Repeat.

With each finger-touch, say a word of the mantra.



First-finger: Peace
Second-finger: Begins
Third-finger: With
Fourth-finger: Me

This simple meditation can transform you in as little as 60 seconds. Everyone has 1 minute to try this.

3. Meditating while doing chores. How do you make chores more beneficial than just getting shiz done? Turn it into a meditation.

That might look like counting your breaths or focusing on your breath WHILE sweeping.

Focusing on gratitude for a meal while doing the dishes or cleaning the kitchen.

Meditating while waxing the car or painting a fence (yes, I did just go all Karate Kid on you.)

You get the idea, mindfulness can be injected into even the most menial tasks and chores.

4. Meditation in movement. Similar to chores, but this is more deliberate. Moving meditations can be walking in nature, yoga, or even commuting to work (if you aren't the driver). You can count your breath or simply focus on your breath while walking, running or practicing yoga.
5. Meditation in a hobby. More action focused meditation for you. For me, painting is a meditation. Sometimes I even finger paint, with no particular form or purpose in mind.
6. Count your breaths. Each in breath + out breath = 1 count. If you have time, aim for 100 breaths. If you don't have time, at least do 10.
7. Guided Meditations. These are super fun and range from 5 minutes to an hour. Some of my favorite resources are:

Youtube has tons!

[MindTime Meditations from Kid Centered Deepak Chopra](#)

and mine! I send them out in newsletters frequently for free!



8. Crystal Meditation. Do you have any crystals lying around? An easy way to get some meditation in is to place the crystal in your left palm, close your eyes and meditate for as little as 5 minutes.

Then carry the crystal with you for the day. At night, sit and quickly journal meditate what came up for you during the day with that crystal. Total time invested: 10 minutes. Unless you have a ton of crystals and have trouble picking one...like me.

9. Coloring, doodling or journaling meditation. Just like art, hobby, or moving meditation there is a super quality to coloring, doodling, or journaling. If you are stuck on a journal topic, just make a list of 3-5 things you are thankful for that day. Sit with each item and really feel the thankfulness. Oopsie... you are meditating!

10. Sound meditation. Do you have a gong? Or a chime?

You can strike the chime, and meditate as you listen to the sound fade in the distance. This is a 60 second meditation that can bring instant zen. Truly a #zenquickie



#LIFEGOALS

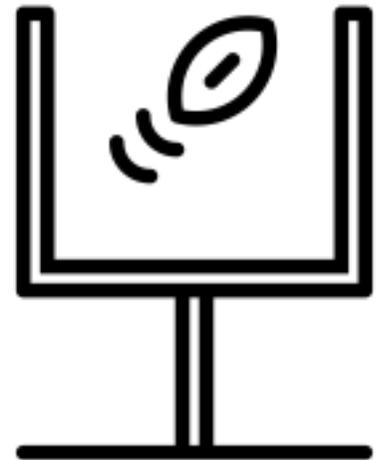
The goal for your meditation practice really is about 40 minutes per day. I know that sounds like a lot and you may not "have time" to do that but I encourage you to make time for it as often as possible.

And when you just can't? Step into one of the 10 ways I mentioned previously to find a Zen quickie.

What does meditation for 40 minutes a day look like?

For me it looks like 20 minutes in the morning and 20 minutes before bed OR in the afternoon.

Sometimes its meditation indoors, outdoors, sometimes its guided, sometimes its with crystals, sometimes its on a particular topic. Sometimes it is on a mantra or body part, something I am trying to manifest, there is no wrong way. You will find what works and what you love and what keeps you coming back.



For me... it's a variety. (You can also find meditations on my [Facebook Page](#)).

I encourage you to try it, try working up to that 40 minutes, but most importantly...don't sweat it if you can't.

To quote one of my mentors, Leonie Dawson, "The reason you aren't meditating is not because you are lazy. It's because you haven't found a way to meditate for you that is comfortable for you yet."

Namaste.

Audrey Christie McLaughlin

Hi! I'm Audrey Christie!

I'm a wife + mom + artist + entrepreneur + healer + intuitive +

Some of my more formal pedigree includes Registered Nurse, attuned Reiki master, crystal expert, Student of Homeopathy and Certified Clinical Master of Aromatherapy, yogi. I am also a gifted intuitive.

I am passionate about helping people and fur-babies achieve wellness and learn to help themselves overcome physical, mental, energetic obstacles.

I would love to connect with you on social media!

Check out:

[Facebook.com/audreycmclaughlin](https://www.facebook.com/audreycmclaughlin)

[Instagram.com/Audrey_christie](https://www.instagram.com/Audrey_christie)

Much Love!

