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# Nutritious Meets Delicious



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Most of us are aware of the benefits of having a daily meditation practice in our lives. We have read about it, thought about it, and even a lot of us actually tried to sit down and do it, but most of the time did not achieve great results. We all lead busy lives and the thought of sitting silently in lotus pose for 30-minutes each day with our monkey mind just does not seem feasible nor, quite frankly, any fun.

The benefits to meditating regularly are scientifically proven and are of course endless. After all, who does not want peace of mind and inner sanctity in the craziness and constant whirlwind of activity that surrounds us? It all sounds so good in theory but practice and results always seemed the most difficult part to attain.

Here are some of my personal tips for making sure that you carve out that much needed time for yourself each day to meditate. If you can make a commitment to set aside 10 minutes each morning (as soon as you have risen preferably) you will find that this sets you up best for the day ahead and you will not be disappointed. Follow these three simple steps below for a new and brighter start to your day and open the path to a healthier and happier you!

**Step 1:** Start by lighting a relaxing scented candle or burning some essential oil in a diffuser to cleanse your space and omit a sense of peace and wellbeing in your meditation environment.

**Step 2:** Read a paragraph of something uplifting to enlighten your mind, body and spirit. This can also help with focusing your mind and setting the tone for your practice.

**Step 3:** Sit on the floor cross-legged or in a chair and take some deep breaths initially inhaling deeply through the nose and exhaling through the mouth. Aromatherapy can also be used. You can start by breathing in and inhaling an uplifting scent, then continue to breathe deeply but start the inhalation and exhalation through the nose. Begin to turn your awareness within, perhaps focusing your mind on what you have just read but then gradually towards inner silence. Drown out all of the other distractions of your mind so you are able to hear the valuable messages your inner self has to share with you.

If you can dedicate yourself to following these three simple steps and sit in silence for 5 - 10 minutes each day, I guarantee that you will start to feel a lighter and brighter you. You will be surprised what comes to you from these moments of silence. Make a commitment to yourself and your inner peace today and start meditating your way to a new you!

For more information, please go to [www.shantiwithin.com](http://www.shantiwithin.com)



Anusha Wijeyakumar is the director of Shanti Within, a Wellness organization that offers holistic bespoke Yoga, Meditation, Corporate Wellness and Mindfulness coaching packages to individuals and corporations. Anusha teaches Vinyasa, Yin and Hatha yoga for all levels.