

TOVA PAYNE

**LEARN TO
MEDITATE**

**USE THIS PROVEN TOOL TO
TACKLE ANXIETY & STRESS**

Thank you for choosing this book to read. I hope you enjoy your journey into meditation. Please review my book on Amazon so that others can see that this book is helpful & so that I can make future editions even better. Thank You.

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Disclaimer: Please remember that I am not a physician and I do not give medical advice. The recommendations I give in this book are based on my own opinions and experiences, and do not substitute for professional advice from your physician. You should always seek the counsel of a physician when it comes to managing anxiety and stress.

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Introduction:

I would not be exaggerating when I say that meditation is a practice as old as humanity. However, relatively recent advances in medical research are proving this strategy to be an effective tool for reducing anxiety and stress—which science has accepted to be a root cause of most illness and disease.

Meditation is scientifically proven to be effective. Yet, the best proof comes from your own self-experimentation of the practice. The way to understand the benefits of meditation is to practice it. The experience itself will convince you of the benefits.

From my own experience, I am still pleasantly surprised by how fast meditation can work. I have gone from anxious and frazzled to calm and motivated to work in minutes. I have gone from sad and lost to feeling connected and free. From my experience, meditation is a tool that has a profound power to shift your physical, mental, and emotional body in a unique way that no other technique can offer.

Within meditation, there are probably hundreds, if not thousands, of slightly different methods of meditating. However all meditation is serving one goal: to quiet the mind into a state of quiet awake-ness, and of still awareness. An analogy I can give regarding the different ways to meditate is: imagine you are baking and you want something sweet in your recipe, you can use molasses, white sugar, brown sugar, honey, agave, maple syrup; the list can go on and on. They will all produce sweetness, but the precise sweetness differs depending precisely which sweetener you use. The same holds true for meditation: all meditation helps quiet down thoughts, and trains you to practice presence and inner stillness, leaving you calmer and feeling more connected. However, the precise meditation you use may have subtle differences in its precise effects.

In this book I will be teaching you four different meditations—all of them simple, and all of which you can practice on your own.

Meditation should be available to all, it is a gift, and my sincere desire is to share these techniques with you, so that you can start using this powerful strategy to clear your mind, focus your mind, and in the end, leaving you more calm, clear and productive.

The goal of meditation is not to be able to meditate for eight hours a day. We are living in this world, and as such the question is: how can we live most effectively in this world? How can we be more at peace so that we can treat everyone around us more kindly? How can we clear our minds so that we can be more efficient with our time? How can we manage our stress so that we can actually thrive, be more productive, and make better decisions? I am sure you know as well as me that stress can be paralyzing, making work impossible, and tasks left undone. We are living in a time of over-stimulation, heavy demands, and with all this busy-ness it makes sense that it can cause us to shut down. So by purposefully and intentionally taking a time-out from your day, and practicing meditation, you in effect create more time. You create more time not by magically creating a 25th hour, but by creating clarity and space so that you can be more productive with the time you do have.

I can probably tell you about 100 things in your life that will get better when you meditate, but even if all I told you was that meditation is a great way to decrease stress, I am sure I have your attention. I think stress is a universal phenomenon we can all relate to experiencing to different degrees, and stress is often the root cause of most problems—from failing relationships, to burn-out, to illness and disease. Thus, by addressing stress, you address so much more.

You probably have your own reasons for reading this book, and taking action towards practising meditation. It may be out of pure curiosity, or a necessary need to address the stress in your life. Either way, if you want to benefit from this book, you will have to do more than read it. You will have to make a sincere commitment for at least a month of steady practice. And I am talking about as little as 5 minutes a day. Yes, in as little as 5 minutes a day you will begin to feel its benefits. Certainly 10 or 20 minutes will have deeper impacts, but the most important thing when beginning something is to find a way to make the new activity a habit. Ten or 20 minutes may seem easily integrated while you read this, but most people will find a 20 minute practice too long to begin with.

For this reason, the commitment you need to make is 5 minutes a day for the next 30 days. If for some reason you decide on some days to practice longer, or twice a day, that is great, but the minimum requirement is 5 minutes a day.

You see meditation can be quite an arduous task at the beginning. The truth of the matter is you may feel calmer in your first 5 minutes of ever meditating, but you may find yourself feeling quite frustrated with the practice. It can take a few days before you begin to get more familiar with the practice and begin to get a hang of what it is really about.

Think about kids learning to ride a bike. Most kids don't ride smoothly on their first bike ride. It usually takes a few times before they get it, and some kids take a little longer than others, and of course there's the odd child who gets it right away the first moment they get on a bike.

The same is true with meditation. It can take a few tries before you actually feel yourself slipping into a state of peace. But once you reach this state of inner stillness and peace, life is never the same. It is never the same because you now know that this feeling is possible, merely by meditating. What you may have at one time been skeptical about, you now have direct evidence and contact with. Once that happens, the meditation experience forever changes you.

You may find the first week the hardest—you may find yourself forcing the 5 minutes, but usually by week 2 and 3, you will crave the practice. You may have days where you want to practice longer; however, it is essential to commit to a steady, consistent, daily practice, to get in touch with what the experience has to offer. That means never missing a day and practising for a minimum of 5 minutes a day is necessary.

I recommend that you choose the same time every day, so that you don't forget or make excuses not to do it. The best time to meditate is first thing in the morning. It is the best time for a few reasons. Usually when we first wake up our mind has just awoken from sleep, and for most people, our mind isn't as busy at this time compared to once we start going on with our day. First thing in the morning is most conducive to experiencing the still state. It is also a specific time that you can consistently ensure to commit to, which is essential if you want your meditation practice to happen.

Now, I must re-iterate, consistency of practice is absolutely the most important thing. If you have one day or one week of an intense meditation experience but then stop meditating, the benefits are limited. It is like going on a crash diet, losing

weight and then gaining it all back when you stop dieting. It is the same with meditation—if you go on a “crash- meditation spree,” meditating for hours a day for a week, you will feel good for that one week, but then if you stop meditating, just like stopping a crash diet, you lose the benefits. When you stop a crash diet and resume your old habits you gain the weight back, and in meditation when you stop meditating you lose the qualities of clarity, calm, and connection that a consistent meditation practice provides.

Preparing to Meditate:

Before you start your meditation, find a quiet space such as your bedroom. If there is outside noise, that is fine, but do all that you can to limit noise—shut off any TV’s or music. Turn your cell phone and computer off. For the next 5 minutes, close the door and find a space that is as quiet as can be. You can sit up in bed, or you can sit down on the ground—on a mat, a blanket, or cushion. You can sit in a cross-legged position, however, for some people this may hurt their back or hips if they are not used to sitting this way. This is why sitting on a cushion or pillow can be helpful to help open the hips and lengthen the spine if you are sitting closer to the ground. However if you have physical limitations, sit in a chair. If you are on the ground or your bed, see if sitting cross-legged is comfortable, if not—try extending one, or both legs, in front of you. Focus on sitting up tall, so that your back and your spine are as straight as can be, and completely relax your shoulders. Many people hold a lot of tension in their shoulders, so rolling your shoulders backwards and forwards a few times should help loosen up your shoulders. Then be mindful to keep your shoulders relaxing down your back, away from your ears.

Make sure you have an alarm set so that you don’t spend the whole time glancing at the clock to see when your time is up. Set an alarm clock, a coffee machine, or your cell phone—anything that will alert you to when the 5 minutes is up.

Now that you are seated, and your alarm is set, your meditation begins. For the first three meditations it is best to gently close your eyes in order to minimize outside distractions. Invite your focus to be within, as you engage in one of the four meditations described below.

Four Meditation Practices:

There are four meditation practices I will be sharing with you. They are all excellent, and achieve the same thing: to quiet the mind, and focus on a present state of awareness. Moreover, through a consistent meditation practice, you will strengthen this quality of presence in your daily life. You may find that one meditation is more suited to your personality than another; you should practice the one that feels the best for you.

There are similarities in all the four practices, as meditation is the practice of presence. Getting into the habit of being fully alive and present, with what is happening in the moment, is what these meditations are here for. The first three meditations are seated meditations. The last meditation is a walking meditation. You should practice a seated meditation every day, and use the walking meditation as another way to integrate meditation into your day. The moving meditation is an excellent way to practice meditation in everyday life, and its benefits are profound.

You can certainly cycle through the different meditations on different days or stick to the one that is most helpful for quieting your mind.

Meditation One: Follow the Rhythm of Your Breath

In your seated position, take a moment to scan your body. Become aware of all sensations. Notice any tension, and mindfully think about relaxing the area—relaxing the muscles, softening all the way to the bone. Relax your physical body. Then shift your focus over to your natural breath. Notice the rate and rhythm of your breath. Notice the sound of your breath, the feeling of your breath passing through your nostrils. For the next 5 minutes your only task is to follow the natural wave, and rhythm, of your breath.

This may sound easy, however what happens is that usually within a second or two, thoughts begin to surface. Take a moment—notice what thought is arising. Recognize that your mind is actually discharging the thoughts it needs to get rid of. The practice is to notice the thought that arises, then to practice letting the thought

go. By returning your focus to your breath—this technique helps you release the thought.

Thoughts only cause pain, and stress, because we charge them with a story, we charge them with emotion, and we strengthen them by hanging onto them. However, if we allow the thoughts to arise, and let them go, we do not experience stress. Instead we become the observer to the thoughts. It is actually a very freeing experience that helps stress, and anxiety, dissolve.

For the next 5 minutes, every time a thought comes in, return to focusing on your breath.

Think about increasing the space between your thoughts, which is what meditation does: it helps empty your mind, and clear out the junk so that you can see more clearly, think more clearly, and give your mind a break from its over-activity. This practice of quieting your mind allows your mind to be more efficient later.

For the next 5 minutes, focus on the rhythm of your breath.

Day by day, week by week, the practice will become more natural. Practice detaching yourself from expectation and from what you think the practice should be, or look like. Instead, practice the art of allowing—allow the experience to be what it is, as it is, and accept that your meditation experience was perfect. It is impossible to do meditation wrong when you set the intention to sit quietly and focus on your breath as the tool to quiet down your mind. This practice helps you get into the emotional tone of what inner stillness, calm, and peace, feel like. This way you can start to know that you have these qualities inside of you, and you may even start to experience them through the day, in moments of inner stillness and conscious awareness.

Meditation is about a still awareness, but your physical body—even when sitting still, is still in movement. Your body is alive, and millions of inner movements are happening at all times, within every cell. The practice of the seated meditation—focusing on the breath, is a technique to get into the feeling of what it is like to feel stillness, and to know inner peace and clarity.

The meditation practice helps you connect to your inner nature—your true nature.

The way you experience the meditation practice changes from day to day. There will be days where you feel the deep stillness, and you will experience it and therefore know it. You cannot give a specific word or description to such an experience. A sense of peace is probably the closest explanation there is, but even that word does not give the experience justice. To experience it is to know it. However, there will be days where the meditation practice may not be so profound, and may feel more challenging. You may still feel a little restless, or find it harder to meditate. Please recognize that this is normal and part of the experience. It is something we can learn from. Just like life has its' ups and downs, so does the practice of meditation. Ultimately, what we learn is to be less reactive, and more accepting, which is a huge secret in dealing with stress effectively. Remember, you learn far more by doing something than by reading about it. In order to truly understand what I am talking about, you must practice every day in order to learn and get the benefits I am talking about.

A quick re-cap:

- Find a comfortable seated position
- Have your timer set
- Close your eyes and focus your attention on your natural breath and follow the flow of your breath
- If a thought comes in, (and often does), notice the thought, and then release it by returning your focus to your breath
- Keep doing this for the full 5 minutes. Practice longer if you want to

Meditation Two: Focus on a specific area

In this meditation, the practice is to focus your attention on one specific area. Begin the process by taking a moment to relax your whole body. While sitting up with a straight spine, relax your shoulders, your jaw, your teeth and your eyes. Take a scan of your body and completely relax your whole body. Maintain a sturdy connection to the ground, and relax into the ground. With your eyes closed, focus

on a specific area of your body. I recommend focusing on your heart. With your eyes closed, focus your gaze down towards your heart. Feel the sensations in your heart. Feel the movement of your breath in your chest and be aware of the thoughts that arise. Let the thoughts go, and focus on the sensations of the heart, on the sounds of the heart, on the beating of your heart.

For the next 5 minutes the whole practice is to focus your mind on your heart center. Let this be the area of focus, and pay attention to what is happening in the heart in this very moment. In meditation, we practice being present, and aware in the moment. Meditation is the practice of presence, so when you focus on your heart center, you are practising being fully present with what is happening in your heart, in this moment. Furthermore, by focusing your attention on your heart center, it helps you to *not* think about the past or the future.

The mind has a tendency to wander, thus, the moment you become aware that you have drifted off into some thought—the practice is to return to focusing on your heart center and using this focused attention to let the thought go. This is how you clear your mind—by constantly training your mind to release the thought, and bring your attention back to your heart.

Through this practice we quiet the mind from thinking, and instead we are practising being.

Through practising this meditation, we give our mind a chance to quiet down so that we can create space in our mind, which ultimately leads to more clarity, peace, space and possibility. Through creating space in our mind, we welcome the possibility of tapping into our inner wisdom—the teacher within.

It is common to feel overwhelmed when making a difficult decision. By taking the time to practice meditation, which helps to quiet down our thinking mind, we actually move into a place of stillness, which helps us connect to deep inner wisdom. This is how meditation is effective in helping us make better decisions. Instead of relying on an anxious mind to make a decision, take a few moments to sit quietly, and gain some clarity before making a decision.

All meditations lead us to deep wisdom through the practice of quieting our mind. By focusing on a specific area, like your heart center, you are doing just that—

creating space for clarity, wisdom, and inner freedom. As we get more in touch with our inner world, our outer world transforms.

A quick re-cap:

- Find a comfortable seated position with your body relaxed, and your eyes closed
- Have your timer set
- With your eyes closed shift your gaze to your heart center
- Be fully present with your heart—the sound, the beating, the movement of breath through your heart, and the sensations that come and go
- Be present with your heart. If your mind wanders, the moment you become aware of it, return your focus to your heart center
- Practise this for the next 5 minutes. Practise longer if you want to

Meditation Three: Follow a Mantra/Affirmation/Intention:

I use the word mantra, affirmation and intention interchangeably. A mantra can be as simple as the words “I am” or “I accept myself” or “all is well.” You can choose any statement you like, but keep it short, affirmative, and in the present tense. For example you would not want an affirmation to be “I don’t want to be afraid,” instead you would say “I am brave,” or “I am courageous.” Find something that is simple, positive, and in the present tense.

In this meditation, in your seated position and your eyes closed, take a moment to scan your body. Completely relax your body from head to toe. Notice if you’re holding any tension, and then let go even deeper. Begin to repeat your mantra over and over. If your mind wanders or begins to tell a story about your mantra—the practice is to return to your mantra.

This meditation is slightly different than the other two meditations that are more centered on completely clearing your mind. This meditation still helps release

thoughts of past and present; it is still an effective tool to quiet your mind. However, with the mantra, you are employing another strategy. You are putting your body in a relaxed state by consciously relaxing your body, and you are repeating the mantra which helps quiet down your thoughts and keeps you from moving into habitual patterns of thinking about the past or future. However, since you are repeating a phrase—a simple affirmative phrase, it has the possibility of actually re-wiring your brain.

By this I am referring to the field of science is called neuroplasticity, which informs us that our brains have the ability to strengthen neural networks depending on the thoughts we have. By focusing on affirmative thoughts such as “I am well,” or “I love myself,” we are employing the possibility of strengthening these beliefs within ourselves at the level of our brain. This is a special type of meditation, which may have a different effect than the other meditations.

Notice your experience, notice what comes up. This is all part of cultivating awareness which is what the practice of meditation is all about.

A quick re-cap:

- Find a comfortable seated position
- Have your timer set
- Sitting in a relaxed position with your eyes closed, choose a simple short mantra, affirmation or intention to repeat over and over
- If you drift off into thought or distraction, let the thought go, by returning to the mantra
- Continue to repeat the mantra for the full 5 minutes. Practise longer if you desire to

Meditation Four: Walking Meditation:

Remember that meditation is the practice of presence. It is the practice of being fully alive with deep awareness to all the sounds, sights, and sensations occurring in the present moment. When you practise a walking meditation it is different from merely taking a walk to clear your head. Taking a walk to clear your head is a good

practice—however; often we can walk lost in thought and not even notice how we got from point A to point B.

In a walking meditation, you set an intention before you leave for your walk. You set your intention to be present. This means you are seeing what is around you without needing to label it or make a story about it. You are walking with deep presence, and are fully engaged to notice the scents in the air, alert to hear the sounds around you, and seeing things with an awake set of eyes. You are present with the feeling of every step you take, from the movement of every muscle and bone, to how the outdoor temperature feels on your body, and all the other subtle sensations around you.

The practice is, anytime you catch yourself drifting off into thought, or making some story on something you have seen, you let the thought go by returning to pure presence—acknowledging the sights, sounds, smells, and sensations.

It is a good practice to walk slow and thoughtful. Let go of the common habit to be in a rush, to move fast, and to “get somewhere.” Let this experience be about experiencing the present moment for all that it is, agenda-free. For the next 5 minutes, practise pure presence.

This meditation is quite different than the others because you are experiencing presence within movement, as opposed to presence within stillness. Ultimately this practice is like all meditations because the mind can quiet down its thoughts through focusing on the present moment. However, it is a quieting of the mind through movement, which is a different experience from the quieting of mind experienced through sitting still.

I recommend you try this meditation, for at least 5 minutes, and I am sure you will experience what I am talking about when I say meditation in movement has a different quality than meditation in stillness. I wanted to share this meditation in this book because it is important that you know that there are different types of meditations with different effects. Some people feel they need to begin with this kind of meditation in order to practice meditation at all, while others actually feel this kind of meditation is more challenging.

Meditation is a very personal experience, and you need to practise it for yourself to feel the effects and impact of different meditations on yourself. We all experience meditation differently—it is impossible to compare your experience with mine, or anyone else's. Certainly there is a commonality of feeling more centered, calm and focused through the practice of meditation, but the precise experience changes day to day, and from person to person.

A quick re-cap:

- Before you begin your walk, set an intention to be fully present for the next 5 minutes
- As you walk, practise complete presence: feel your muscles working, feel the ground beneath your feet
- Be attentive to sensations in the air, the smells around you, the sights, the sounds, and everything else that comes up in the moment
- Let go of any thoughts, or your tendency to form a story, or label what you see. Anytime a thought arises, let it go by returning your focus to what is happening around you in the present moment
- Stay fully present and attentive for a full 5 minutes. Practise longer if you desire to

From Thought to Action:

Moving from thought to action is often the missing link in transformation. First of all, I need to explain the word “transformation”. Transformation, in my experience, does not mean that you will become a different person. It means you will become closer to your true identity—to who you really are. The question of “Who am I?” can be easily understood by some and have no meaning for others. Being confused about your true identity is quite common. Many of us have been conditioned for so long, by so many outside influences, that it is easy to be living a life where we never stop and ask ourselves: What am I doing? And, who am I living for?

From time to time, it is a good practice to reflect and question on whom you are, what you stand for, what are you doing, and why are you doing it. It is quite common to do things and we don’t even know *why* we do them. It is common to want things and not even know why we want them. There are many outside sources that are influencing us on many levels. This is why *not* being fully aware is a part of this human existence. It actually requires action, time, and dedication, to re-acquaint ourselves with who we are.

Meditation is a practice that permits and welcomes this evolution of who we are. Some people call this transformation. It is not that we become something else, we actually transform into who we really are. We become better acquainted with our true nature and our true identity. When we take time to pause, stop, and be still, we begin to connect with stillness, and understand what peace is. As we practice stilling our mind, we get in touch with inner stillness, and begin to feel the truth of who we are on a deeper level.

Luckily, when we embark on this process, it is a divine re-acquaintance. It is like meeting a familiar friend we always knew, but who may have left us for so long, we almost forgot they existed. When we take time to still our mind, we tap into the feeling of stillness; we remember what it is to *be* without doing. We are able to feel the experience of *being*, so that even when we are doing, we are better equipped to integrate it with this quality of inner stillness and present *being*.

Once you meet inner stillness, life does change forever, because now you know there is something there that you did not see before.

Imagine you are sitting at the ocean and you are looking out to the water. You see the water, you see the waves—it is all quite familiar, and what you expect to see at the ocean. Imagine one day you see a seal pop its head out of the water. From that day onwards, the ocean is never just the ocean again. Even if on your next visit you do not see the seal pop its head out, you now have a knowing that there is more life in the waters than what appears before you.

This is what meditation is like—once you practise it and experience it, your life does change forever, even if every meditation does not quite bring you to a fully peaceful state. Once you experience revelation, and inner wisdom from the practice, whether or not you experience it every time, you know it is in there, and you know it exists.

It is important to recognize that your experience in meditation changes. This is an integral part of the practice. When we learn to let go of attachment of what we want, or expect the experience to be like, we actually walk away with a deeper lesson than just peace. We learn the lesson of non-attachment. We learn the lesson of acceptance. We learn to recognize everything as perfection. It is one thing to read about it or talk about it, it is quite another to experience it. Once you embark on a consistent meditation practice, you will be able to experience it, and understand it, on a much deeper level than this book could ever tell you.

Once you start to engage in the practice, you will find that some meditations feel different from others. Some meditations seem more joyous, or freeing than others. You may find that some meditations fill you with epiphanies, wisdom, creativity, and new ideas, while other meditations are full of frustration, boredom, and even possibly anxiety. However, what happens is the moment you recognize this—it actually helps to dissolve the anxiety, boredom, frustration and any other sensations that may occur. The moment you acknowledge what *is*, and practice letting go of what you wish you were experiencing—in *that moment*—the moment transforms.

Likewise, when you experience moments of deep connection, you will find that you cannot hold on to it, and the moment you attempt to cling or grasp it, is the

moment you tend to lose the feeling. It is through these experiences that you learn the more integral lessons of life—such as non-grasping, and being able to accept what is. All of these lessons are what creates deep inner peace. It is through these lessons from meditation that we live a calmer, more accepting life. Meditation teaches us more than just stillness of mind.

However, in order to experience all these things you need to be committed and consistent in your practice.

The first thing you require for a consistent meditation practice is desire. If you do not desire to meditate, you have very little reason to commit to it. So just like anything in life, if you think you want it—you have to be sure that you really want it, if it is going to happen.

Next, you need to commit to it. You need to make a promise with yourself, and make it in such a way that you will remember it. Whether this involves creating a sign you post up near your bed, or set an alarm to remind you, or keep a journal, or write it in your calendar, you need to commit to it in a way that ensures it happens. An idea without action is rather useless. Make sure your idea to meditate becomes an active, conscious, experience.

Finally, you need to be consistent with it no matter what comes up in your life. For example, the moment you make an excuse that you do not have 5 minutes one morning, is the beginning to losing the consistency. Consistency is quite a fragile thing. In order for anything to stick, it needs to happen over and over, until the habit is so solidified that not doing it would feel bad. Just like you get in the habit of brushing your teeth, and not doing so, no matter how busy you are would feel bad, the same with the habit of meditating. Until meditation becomes a strong habit, you need to make consistency happen.

Conclusion:

There are certainly hundreds of ways to meditate, and some methods can be quite pricey. There are courses on the market asking you for thousands of dollars to learn their secret of meditation.

These products are easily sold, because for so many people it is easier to buy an expensive product than to commit to doing the work. Many people feel relief by buying a product, going to a 3 day or weeklong course, and then putting meditation away on the bookshelf or away as a memory.

What I am advocating for is a daily, consistent, practice that requires a 5 minute commitment of your time. It is a commitment to getting into the practice of meditation, and 5 minutes is a manageable length of time for just about anybody who sincerely cares to take care of stress and put some energy into living a better life.

The important thing is to get into the practice of it. When you practice a little bit every day, you strengthen the ability to quiet your mind. This way, when a stressful situation hits, you will know how to address it. You will have practised meditation consistently that when you need another 5 minute time-out, you will be familiar with how to do it. On the days or weeks where you need longer periods of meditation to deal with stress, you will be prepared and trained in your ability to do so.

The 5-minute meditation, done first thing in the morning, helps your day begin in a grounded direction. It strengthens your mind and capability to engage in a longer meditation when you want or feel it is necessary.

Meditation is not necessarily easy, which is why committing to a daily practice is essential to ensure you develop your ability to meditate. Then, when you need to use this tool to tackle challenging stressful times, you will have the ability to use meditation to help you. Certainly, you can meditate for longer periods, or greater frequency such as twice a day. You might choose to meditate twice a day for 5 minutes, or 10 or even 20. But do not let anyone tell you that 5 minutes is useless.

I have been employing this strategy for years, and it has literally changed my life.

I went from hating the 5 minutes to looking forward to it. I have had challenging times where I needed to meditate for longer periods and since I knew how to meditate based on my consistent practice, I was able to meditate for longer periods, because I was buffered to do so from my daily consistent practice.

What still baffles me is just how good this practice is. I really do go from frazzled to clear in under 10 minutes, simply by taking a time-out and deciding: it is time to use my magical tool—it is time to meditate.

All I can say to you, my fellow reader, is this works, and it works really well, and can work really fast. But you do need to put the work in, and nobody can do it for you.

I wish you all the peace, connection, inner knowing, deep wisdom, and love. I know that a consistent meditation practice will give these qualities to you.

And now—if you have not already—*now* is the time to embark upon one of the meditations I have outlined in this book. Remember—you got this book for a reason, but in order for it to have a deep impact; you must engage in the practice of meditation.

All My Love,

Tova Payne

About the Author

Tova Payne lives in Vancouver, British Columbia. She has found a consistent daily meditation practice to be the most vital ingredient to healthy living.

Her background is embedded in Psychology; Tova is a graduate of McGill University's Psychology program and has a Bachelor's of Science Degree. She was also educated at the Canadian School of Natural Nutrition, and practises as a Registered Holistic Nutritionist. As a believer in mind-body- and spirit medicine, she is an advocate for the healing benefits of yoga, and teaches yoga and leads yoga teacher training programs. It was her yoga practice that brought her closer to meditation, and her science background that helps her understand the effectiveness of the ancient practice from a scientific perspective, as well as knowing the practice to be effective from a personal experiential perspective.

Her greatest joy is to empower the life of others by sharing wellness practices with others. You can find more about Tova at www.TovaPayne.com

She will be releasing another book in 2013 on Nutrition and Wellness.