

meditation *express*

**STRESS
RELIEF**

IN 

**60 SECONDS
FLAT**

Nancy L. Butler-Ross and Michael Suib

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Meditation is an effective way to manage stress. However, the meditations in this book are not medical prescriptions nor are they meant to be used in lieu of medical treatment.

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never too old to fall in love and live happily ever after.

Mom and Pop, true soul mates to the end.

Takk

Gracias

Salamat

Thank you!

A Note from Nancy

For years I have been teaching meditation classes to businesspeople, nurses, housewives, and college students who wanted to find a sense of inner serenity and balance in their lives. My classes were always popular and well attended, with participants enjoying the concepts of meditation and deriving some of its health benefits.

But I found that very few people continued to meditate between classes; their most frequent excuses were:



- I can't take the time.
- People think I'm weird if I just sit around with my eyes closed.
- There's no place in the house or dorm that's quiet.

My life partner, husband, and coauthor, Michael Suib, who has had years of experience with centering, hypnotherapy, and energy balancing, also had his own problems and excuses for not meditating. His favorite dodge for not meditating was, "My mind keeps wandering so fuhgedabowdit."

As with all great inspirations, the concept of combining the seeming opposites of "quick" and "meditation" slowly broke like the perfect dawn.

Together, Michael and I developed a series of one- to two-minute meditations that could be done anywhere: in the shower, walking up the stairs, or while on hold on the telephone. We tried to demystify the process and gave the meditations a present-day tone. We worked to make the meditations easy to do and to clarify the concept that the *act* of meditating for *any* length of time is beneficial in itself; there's no pressure to reach enlightenment or meditate "perfectly."



I introduced my students to the concept of meditation as a way to **wake up** their abilities to keep their thoughts focused in the present moment and not to be distracted by the mild chaos usually surrounding them. You will find this is a recurring theme throughout the entire book.

As I used this new approach in my classes, my students started to call me, excited about how they'd meditated between meetings and classes and used our meditations to help them stay alert, deal with difficult supervisors, and keep a sense of balance and perspective in their lives. We joked that these meditations were like one-minute prescriptions, or an *Mx*, for stress relief, which is how they're presented in this book.

Buoyed by this success, I approached a friend who is the host of a long-running, successful radio talk program and declared that I wanted to offer guided meditations on his show. He loved the idea and enthusiastically promoted me, dubbing me WDST-FM's "Official Radio Meditator." That was in April 1996; since then I've been a guest on his show every week, and the audience response has been enthusiastic. It seems as though everyone is now meditating, from senior citizens to single moms to insurance executives.



Michael and I sincerely believe that *anyone* can meditate. If you've meditated in the past but stopped because you no longer have the time, or if you've been put off by the mysticism and mystique that often surround meditation, we're sure you'll enjoy our simple and easy approach. Enjoy.

—Nancy L. Butler-Ross

Introduction

Meditation is easy, effortless, exhilarating!

Got a minute?

Meditation Express is a method to help you get on the right track toward making your complete mind-body-soul connections and a way to train yourself to be in touch with your peaceful, all-knowing inner center of balance throughout your day. *Anyone can meditate.*

Many of us know that a few moments of connecting with our inner resources can have dramatic and healthy effects in restoring a sense of balance to a hectic day. But who has the luxury of spending 45 minutes to one hour



calming themselves down in the middle of a rushed day? (Hooray for you if you do. We encourage you to meditate for as long as you can, and be sure to browse Appendix C for a list of books with longer meditations.) The meditations in *Meditation Express* are designed to be done in one to two minutes (no, that's not a typo). The point is not how long you meditate but to meditate!

We each meditate differently and for different reasons. Nancy meditates to be in touch with all parts of herself—the many facets of being human, with a heart *and* a mind—and also to be in touch with the part of herself that is unlimited, that has deep wisdom and is a source of renewal and guidance—her center.

Michael meditates not to find his inner self but to step back and take a moment to find a balance so that he can prevent an inner explosion that is not good for his family, friends, business associates, and least of all for himself.

Whatever *your* reasons are for meditating—whether your life is filled with high tension and pressures from business, family, and life in general or you have a sense of something missing in your life—or both—the exercises and meditations in this book will work for you.

These meditations are for everyone: experienced meditators, new meditators, and nonmeditators. If



you've ever daydreamed or "spaced out" in line at the grocery store checkout counter, you can meditate.

These exercises are simple, easy, and filled with fun ideas to help you stay in touch with your own center. They encompass mindfulness, creative visualization, relaxation, and pure bliss. There's no right or wrong way to meditate.

The hardest part of meditating is to remember to do it!

The goals of *Meditation Express* are to:

- Calm your mind.
- Relax your body.
- Give you a quick and easy tool for stress reduction.

Meditation is not a religion. Webster's definition of meditation is from the Latin "meditare," meaning to reflect on, to ponder, to plan or intend in the mind, to engage in contemplation. You don't have to change your lifestyle or beliefs to do these meditations. We hope you'll make them a part of your everyday lifestyle, whether you wear blue jeans or Brooks Brothers suits. Our intent is to make these meditations so simple and easy to do that you'll want to do them every day. We also encourage you to do them whenever and wherever (in



the elevator or in the shower) you can. Flexibility, comfort, and adaptability are our key words—you don't need a temple or a time clock to benefit from these meditations.

Michael is usually up and in the thick of his day before he stops to meditate. Nancy, on the other hand, won't leave her bed before meditating.

Michael meditates as a way to "fix" stress. For example, he'll meditate if he feels like he's going to scream at the kids or if worry and angst have projected him so far into the future that he can't think clearly about the here and now.

Nancy meditates as a preventive measure. For example, she'll meditate a few minutes throughout the day to "re-member" herself and reconnect with her wholeness and to spend a few moments feeling an inner serenity and calmness. It enables her to feel a strong sense of her direction and helps her to keep her perspective and sense of joy throughout the day.

Obviously, we use different approaches to meditation, but the end result is the same: a sense of harmony where we live in the present moment and balance for our bodies, minds, spirits, and emotions.

We also find it interesting that even though we have different approaches, we can both benefit from the same



meditation exercises. Amazingly, we are also able to work together to create wonderful meditations.

Whatever *your* approach is to meditating, you can do these exercises anyplace, anytime: at home; at work; on the train, subway, or bus. But, Nancy also reminds her listeners, *never* meditate when you're driving, operating heavy machinery, or performing brain surgery.

The Benefits from Meditating

The benefits from meditation are individual and many. Nancy uses meditation to **wake up** to an inner vitality, whereas Michael uses meditation to **calm down**. Somewhere in between is a balance that will be just right for your needs.

Meditating can act as an internal pressure-relief valve to help you find calm *before* an explosion occurs. Releasing stress through meditation can improve your general physical and mental health by:

- reducing insomnia;
- normalizing blood pressure;
- reducing heart disease, depression, and anxiety;
- and
- lessening the use of cigarettes and alcohol.



When your mind settles down there is often an inner clarity, vitality, creativity, and freshness.

Meditation Express will lead you to an overall state of integration and coherence, and to the discovery and unfolding of your full potential without stress.

Whether you choose to meditate with the intention of improving your health, letting off steam, or contemplating an expanded awareness, *Meditation Express* takes you on a journey where getting there is more than half the fun.

We were serious when we said at the opening of this introduction that anyone can meditate. You just need a few tips.

Our “Top 10” List for Your Meditation Success

10. Meditate anywhere, anytime.
9. Be yourself.
8. Use only the meditations that appeal to you.
7. Be physically comfortable.
6. This is a practice—you don't have to be perfect.
5. If you start to feel frustrated because your mind absolutely refuses to slow down, stop and try again some other time.