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Ten Minute Stress Relieving Meditations

By Reverend Kala Ambrose



A growing number of physicians and medical centers are suggesting meditation as a holistic practice to relax the body and relieve stress. It's exciting to see this form of mind, body and spirit healing being given the credence and attention it deserves.

The act of meditation is one of the most rewarding gifts you can give to yourself, yet for many, the concept is daunting. There are those who enter into meditative practices which evolve into an entire lifestyle, but for those who have never tried to meditate, the idea of sitting in an uncomfortable position in complete silence is enough to discourage even the slightest attempt.

This does not have to be the case, as there is a meditation practice suitable for each type of person, regardless of their limitations or challenges. Interested? Here's a few suggestions to get you started on a meditation practice of your own:

First, if you are looking to adopt a meditation practice, begin by disregarding any preconceived notions of how you think a meditation practice should operate. The key to a successful meditation practice is to create a practice that feels right for you. One of the easiest ways to do this is to adopt a simple ten minute meditation which I like to call...

Ten Minute Bliss Breaks

Step One: Create a Routine

Establish a set time which will become your ten minute meditation time. Perhaps you'll wake up early in the morning before the rest of your household to have those quiet ten minutes each day, for others, it might be during the lunch hour outside in a park. Many people prefer to meditate in the evening to relax after a busy day and to open their mind to a deeper dream state.

Step Two: Don't Forget to Breathe

Crucial in any meditation practice, is the breath. Regardless of whether you wish to spend ten minutes in meditation or ten hours, slow, deep, methodical breathing will relax the body and bring in oxygen to both the lungs and blood stream. It will also help to retain focus and awareness.

Step Three: Relax and Give It and You Some Time

When beginning a new meditation practice, you may find that when you take those ten minutes, that it proves to be too difficult to simply relax and think of nothing. Do not feel concerned, this is your practice and you can create a meditation practice which is right for you at this time. You will find that it will evolve over time as you continue the practice and in the beginning, even slow relaxed breathing is good for the body and will relax you. If you're finding it hard to concentrate on nothing, you may prefer to explore guided meditations.

Ten Minute Stress Relief continued

Guided Meditations

For many people, guided meditations are a wonderful way to meditate. You can listen to the meditation on a CD or on your iPod playing it in your home or with headphones anywhere you are. Simply choose the meditation that appeals to you and enter into the journey that the guided meditation provides with a guide and relaxing music. Guided meditations allow your mind to focus on particular images, allowing for creative visualization. As a teacher of the ancient wisdom teachings, I created a trilogy of sacred site guided meditations intended to guide the listener on a journey through nature, along with providing the opportunity to interact with guides and receive messages from the higher self. The sacred site trilogy begins with the Spirit of Hawaii to connect with your spirit guide, from there, the journey continues in the second CD, with Egyptian Mystery Temple, leading you into the ancient rituals from the temples of Egypt and the series which culminates in the third CD, Tibetan Mountain Journey, which focuses on opening and expanding the heart chakra. Each meditation runs for over 30 minutes and a one minute sample of each of these meditations can be heard on the website ExploreYourSpirit.com.



There are hundreds of guided meditations available, including ones that focus on specific problems as well as others that simply chant a peaceful message with music. Some days though, you're so busy that you don't have enough time for a 30 minute guided meditation, but you still would like to meditate for a few minutes to center yourself and relax. Here's how to create your own personal visualization meditation and the only tool needed is your imagination.

Powerful Stress Relieving Creative Visualizations

The act of creative visualization is to create an image in your mind that affects you in a positive way. Athletes have been taught for years how to creatively visualize an outcome that makes them happy. They close their eyes and see themselves winning the race or the game and imagine the feeling they will have during the event. This same technique can be used for your meditation. A very empowering and relaxing way to do this is to design a sacred space using your imagination. Create a space that becomes your private retreat and sanctuary, where you can return to and visualize often in your mind while meditating.



Here's How to Create a Sacred Space Using Your Thoughts and Imagination:

As you begin to meditate, picture a peaceful scene that you find relaxing. Perhaps it's the beach or a mountaintop or a lush garden. Build the scene in your mind, adding beautiful details so that it's a warm and welcoming space for you to visit in your mind during your meditation. For example, if you find a garden to be calming, create a bench where you will sit in the garden. See a grove of trees surrounded by flowers blooming in a multitude of color. Listen for the sound of birds chirping, along with the soft breeze blowing through the trees. Tilt your head back and feel the warmth of the sun on your face... Breathe in slow and deep and exhale fully, releasing the air from deep within you. In this imaginary garden of your making, slip your shoes off and sink your feet deep into the soft grass, flexing your toes. As you breathe in again deeply, take notice of the flowers as their scent fills the garden. Relax and spend some time in your garden, noticing the sights, smells and sounds of nature.

Now if you wish, while in your garden, you can let go of whatever is troubling you. You may choose to invite a spirit guide or angel to sit with you on the bench, who will listen to you as you share your thoughts and concerns. You might create a lake around the garden or a waterfall, and as you swim, you release the cares into the water and watch as they float away. Perhaps a pet from your childhood joins you in the garden and you spend time with them, petting and playing with them, forgetting your cares of the day. Continue building this garden in great detail each day during your ten minute meditation and visualization until you can see it fully in your mind and know it well. Then claim this scene as your sacred space. Know that you can return there anytime, all you need to do is to sit quietly, breathe deeply and imagine this scene in your mind. In this space, you can relax and spend a few minutes there every day.

These suggestions of active ten minute meditations are just a few examples of the ways you can create a mediation practice that is right and comfortable for you. Practiced daily, meditation can become a profound spiritual practice which can make a significant impact on your day and create a sense of relaxation and well-being.

About Kala Ambrose: Kala Ambrose is an intuitive, wisdom teacher, inspirational speaker and voice of the highly acclaimed "The Explore Your Spirit with Kala Show", where she delivers enlightening and inspiring interviews with world renowned authors, artists, teachers and researchers, delving into metaphysical and paranormal topics as well as new discoveries in the scientific and spiritual realms. Kala is the award-winning author of 9 Life Altering Lessons: Secrets of the Mystery Schools Unveiled, creator of a trilogy of sacred site meditation CDs and the National Metaphysical Spirituality writer for the Examiner. As an intuitive she brings a wealth of knowledge to leaders, visionaries and entrepreneurs, providing insightful solutions to achieve and integrate their career and personal goals. Kala Ambrose is a highly interactive teacher on a mission to educate, entertain and inspire. She teaches and lectures around the U.S. on the Ancient Wisdom Teachings of Egypt and Greece, Developing Business Intuition, Understanding Auras, Chakras and Energy Fields, and Wise Woman Wisdom (how to connect with your feminine power). More information about Kala at www.ExploreYourSpirit.com