

Meditation of the month

Get into your groove



Finding success in achieving goals. By Jill Lawson

The turning of a New Year undoubtedly sparks an interest to set new intentions and let go of the things that no longer serve us. It is a time to take great care in aligning ourselves with our highest potential, and lay the groundwork necessary in achieving our goals.

The following meditation is meant to help you carve some positive grooves into your subconscious mind, so you can follow through with your New Year's resolutions with success and ease. Practise preferably first thing in the morning before you get out of bed. Repeat daily until you notice your thoughts, choices, and actions automatically leading you in the right direction.

Because this meditation is unique and versatile, it can be practised anywhere, and at anytime. All it requires is the repetition of a few habit-forming assertions and the belief that whatever you wish to achieve is not only possible, it is already beginning to happen.

To begin, take a deep breath and refresh the space in your lungs. Then, breathe rhythmically, and at the very end of each exhale pause for just a moment. Before you take your next inhale, tell yourself that you can do anything you put your mind to. When you inhale, imagine the energy of this affirmation spreading throughout your entire body. Repeat for at least five deep breaths.

Next, clearly visualise what you want as if it is already a reality. If it is a new career you desire, see yourself in your new position. If it's your intention to do more yoga this year, imagine yourself frequently in a yoga class. Tune into the way your intentions make you feel, and notice how your feelings will begin to rule your thoughts, choices, and actions.

At some point, doubt will rear its ugly head. Doubt is an inevitable and quite natural part of being human, but we don't have to let it get the best of us. The last part of this meditation is meant to conquer self-doubt and let go of any limitations that stand in the way of finding success.

Whatever form your doubt comes in, imagine you are wadding it up in your hand. If it's fear, wad it up. If it's denial of your abilities, wad that up. Once you have your doubts contained, they will be easier to remove from your mind. Imagine taking the glob-like ball of your doubts and throwing them right out the window. Brush off your hands, and skate off into the New Year with confidence.