

How to Practice Meditation Manifestation

Here's how to practice meditation manifestation in 4 simple steps...

1. Relax

Have you ever tried meditating but felt restless?

There's a few key reasons for this:

When you're trying to meditate, you have to let your mind settle.

One major reason why it might be challenging to get your mind settled before meditation is tension.

If your body is tense, it'll be impossible to meditate as your mind will move from distraction to distraction.

Your body and mind are closely connected:

So if your body feels tense, your mind will feel tense too. And therefore you won't be able to achieve the level of focus you need to meditate. So start off by relaxing your body.

One way to relax physically is with a body scan:

- A simple way to do this is to close your eyes. With your eyes closed, begin by relaxing the top of your head, then move to your forehead.
- Once the front of your head is relaxed, work on relaxing the back of your head and then the middle of your head.
- The next step in getting your body relaxed is to focus on your eyes, nose, and lips.
- Relaxing your eyes, nose, and lips should be done one at a time. If you have not tried doing this before, focus on getting all the muscles in these parts of your body relaxed.
- Get your fingers, your fingertips, your wrists, your hands, your upper arms, your lower arms, your neck, your chin, your mouth, and your jaw relaxed.
- Then go on and relax your eyebrows, your eyelids, your cheeks.
- Relax your abdomen, your stomach, your lower back, your thighs, your hips, knees.

2. Focus

Meditation is all about focus in the present moment.

To do this, concentrate on your breathe.

Continue breathing in a normal way, but count your breathe in and out up to 10.

Once you get to 10 breathes, reset and count from 1 again.

Keep doing this for five minutes.

If you're struggling to increase your focus, don't worry - that's totally normal.

However, there are plenty of ways to give your focus a quick boost..

Don't worry about your posture:

- Your posture during meditation is important
- But it's not something you should about too much
- Just find a comfortable position that you can enjoy - most people choose a chair or the lotus position (see the pic above)

3. Open Your Heart

When you're meditating, try to approach it gently.

You don't need to force yourself to manifest - instead, practice with no expectations.

Mantras are very effective for this. For five minutes, try to slowly repeat, "My heart is open, I open my heart. I am good, I do good, and I am loved." ... or find a mantra that works for you and enjoy the process.

Going through the process of 'heart opening' will help you to open up and feel a lot more relaxed. Also, it can also stimulate your 'vagus nerve's tone'. The stimulation of your vagus nerve's tone activates your body's sympathetic nervous system. This in turn makes you feel calmer, more relaxed and more aware of the present moment.

4. Manifest

Start by focusing on just one goal that you really want to achieve.

As you get used to doing this, you can go on and increase the goals you want to focus on.

There are no limitations to what you can visualize with manifestation meditation.

Push yourself - and see what you come up with!

Your goal could be to break into the next level of your career, to find your soul mate. There are no limits. The goal you decide to focus on is entirely up to you.

If this is the first time you've tried meditation manifestation, it might be a bit of challenge.

But with practice, you'll quickly get better.

When you're first starting out, try focusing on each goal for five minutes.

Then when you're used to that, step it up to 10 minutes and see where this takes you.