

There is an expansive vista of life which can only be seen as you rise in awareness.
Meditation is the perfect vehicle to transport you there. — DASA Meditation



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The Misconceptions of Meditation

By Lorraine Alexander

[DASA Meditation](#)
Second-generation

Sage Principles
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Meditators in general get a bad rap for being lazy because they go with the flow and enjoy life. Meditators aren't lazy, they make a conscious choice to live life in a simple, calm, more efficient way.

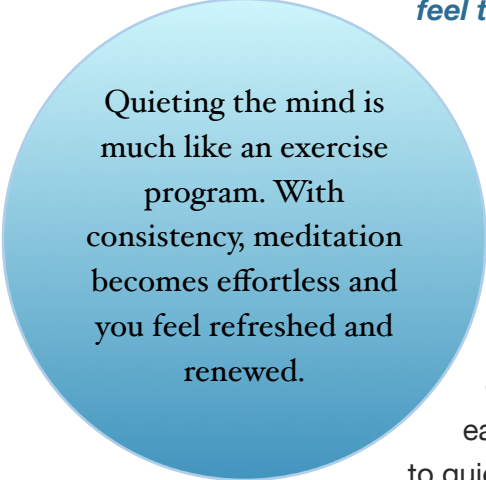
The Zen practice of sitting twice a day for 20 minutes sounds *all too easy*, yet this practice takes dedication and focus.

Meditators prioritize meditation for good reasons: personal growth, health, happiness, higher awareness, and growth of consciousness.

“People never learn by being told. They have to find out for themselves.”
— Paulo Coelho

What I can share with you is this. After decades of personal experience, meditation is *by far* the soundest practice that I’ve used to enhance my overall quality of life. And it doesn’t take years to feel the difference. With consistency, you can notice an improvement in just a few weeks.

Know that the second meditation of the day is vital; you will feel the benefits tenfold.



Quieting the mind is much like an exercise program. With consistency, meditation becomes effortless and you feel refreshed and renewed.

What happens if you miss your daily sessions?

Missed meditations will take away from your next experience. The longer you go without practice, the greater the initial challenge.

Once you become regular in your practice, you’ll enjoy noticeable results. Then meditation becomes easier because you have trained your mind and body to quiet down. You will not see the results of your efforts in a mirror or on a scale (like an exercise program), nevertheless, know that your daily practice is working with cumulative benefits.

Frequently, people say there is no spare time in their day for meditation. Yet they waste hours each day needlessly posting on Facebook, Snapchat, Twitter, watching television, talking on the phone, or gaming. If this statement rings true for you, what I am about to share might convince you to embrace this Zen practice.

Spend your time wisely; spend it on something worthwhile like meditation.

Science proves measurable results.

Meditation thickens the prefrontal cortex (the memory and learning center of the brain), [preventing your brain from shrinking with age.](#)¹

Meditation improves the connection with the amygdala improves the connection with the amygdala (the fear center of the brain) and [enhances the regulation of our emotions.](#)² Along with improved memory, learning, and adaptivity to stress, we [optimize heart health with lower blood pressure,](#)³ boost our emotional intelligence and

enhance creativity and productivity. Best of all, you'll feel happy and make sounder choices for your health and wellbeing.

The journey: Growth of consciousness



There is an expansive vista of life that can only be seen through personal growth and self-awareness; and meditation is the perfect vehicle to transport you there.

As you continue to meditate your awareness will rise to realize a higher perspective, and soon, you will experience the world through fresh eyes. The most fulfilling experience of all is the *growth of consciousness*.

“Growth doesn’t just happen. We have to be intentional about it.” —John Maxwell

Closing thoughts: Make a conscious choice to live your best life.

Create a steadfast personal mission statement that includes practices that enhance personal growth. Surround yourself with like-minded people that offer a positive influence; people that understand and support your mission for health, self-awareness, and growth of consciousness.

RESOURCE LINKS TO STUDIES


- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1361002/>
- 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4769029/>
- 3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3303565/#B19>

About Lorraine



Lorraine Alexander was introduced to Vedic meditation by her mother at the young age of 15. She is second-generation [DASA Meditation](#), and in 2022 she launched Sage Principles. After decades of evidence-based practice, Lorraine teaches others to raise self-awareness, reduce stress, and to live their best life. Contact Lorraine at:

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