

THE BUSY WOMAN'S MEDITATION PROGRAM

SETTING YOURSELF UP FOR SUCCESS
WITH A HOME MEDITATION PRACTICE:
FINDING EASY WAYS
TO WORK MEDITATION INTO YOUR BUSY LIFE

From The
BUSY WOMAN'S MEDITATION
PROGRAM

By
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relax. release. repeat.

SETTING YOURSELF UP FOR SUCCESS WITH A HOME MEDITATION PRACTICE:
FINDING EASY WAYS TO WORK MEDITATION INTO YOUR BUSY LIFE

The **Busy Woman's Meditation Program** has been created especially for women who want to quickly learn how to meditate and have a solid, sustainable and satisfying practice that serves them well. It has been designed to easily integrate meditation into your busy schedule and I hope you'll come to see that *you really do* have time to meditate, no matter *how* busy your day is.

My overall intention with the program and this **"Setting Yourself Up For Success With A Home Meditation Practice"** resource is to simplify and demystify meditation; to take some of the "woo-woo" out and make it easier and more accessible and offer it in a way that it relates to today's busy woman. The idea that there's a right and a wrong way to meditate is false, because there really is no wrong way to meditate – as long as your practice works FOR you and it serves you in a way that is nurturing, relaxing, healing and truly satisfying and enjoyable. To that end, this resource has been made to help you to create your own home meditation practice. Use it as a guide to help you fine-tune your practice.

(NOTE: Please see the Resources page on my website for a complete list of recommended resources: www.BusyWoman'sMeditation.com/resources.html and look over the [Pre-Session Preparation](#) guidelines for several other ways to support your **Busy Woman's Meditation** practice.)

How To Meditate: Begin By Making Meditation A Priority

In order to have a solid and satisfying meditation practice that serves you well, it's important that you decide to make meditation a part of your commitment to living a healthy lifestyle and you decide to do it *each and every day*.

The goal is to make meditation a non-negotiable priority and a regular part of your normal daily routine, just like brushing your teeth or eating. You wouldn't forget to

do those things, neither should you forget to meditate. Looking at it this way will help you to make it a daily habit.

How Often To Meditate

It's recommended that you meditate a minimum of once every single day. Ideally, it's better to have 2 times each day that you set aside for meditation. Usually they are about 12 hours apart, like 6 am and 6 pm. No matter what is going on around you, every 12 hours take time to sit and re-connect with that deep, peaceful space within.

The way I'm going to teach you how to meditate has been designed for people who live a busy lifestyle, where we break up meditation into bite-sized increments of meditating or micro-meditating.

That means rather than trying to find time for one really long meditation during your day, you're doing **two short meditations at some point during your day**,

As a life-long meditator, I always meditated once a day for a long sit. But now I prefer twice a day and find that by meditating twice a day, my day just seems to flow better. I'm calmer, more resourceful and just plain happier when I meditate that way.

When To Meditate:

Anytime is a good time to meditate. Because each meditation you have is going to be unique and different, just as you are unique and different from everyone else, making time to meditate is also different for everyone. The best time to meditate is really the time that's best *for you*, so it's important to find a time of day that is good for you and one that you can stick with.

Think of this as your time for you, so do whatever you can to eliminate most of the noise and distractions in your environment, shut off your phone, close your door and begin.

Consistency is far more important than quantity. Meditating for 5 minutes every single day will provide you with much greater benefits than meditating for two hours, once a week. Find a time of day that you can stick with and be consistent with. It could be in the morning, in the middle of the day, before work, during work, after work, before dinner, after dinner, or just before you go to bed.

When you will be making space for your practice in your day will depend on if you are a morning, afternoon or an evening person.

Morning

Ideally, a good time to meditate for most people is right after you wake up in the morning, before you start your day or have your coffee or breakfast (digestion tends to make you drowsy) or turn on your computer. What often happens is if you don't meditate right away, very likely you may not get to it at all.

(The spiritual teacher Davidji says it this way, with the acronym RPM - **Rise. Pee.**

Meditate. 😊)

So you can do your first practice as soon as you wake up in the morning, or set your alarm to wake up 10-15 minutes earlier than usual, if you need to.

Meditating first thing in the morning is really a nice, peaceful way to start your day. It energizes you and sets the tone for the rest of your day as it sets you up to succeed by making you more focused and productive. Also, when you first wake up your brain is already in the alpha state, the relaxation frequency, which is the normal brainwave state you're in during meditation.

Mid-day

Some people prefer to meditate for their first or even second meditation at mid-day, often during their lunch break. It's a good way to break up the day. You may want to literally schedule in your 2nd practice on your calendar at home or at work or on your phone. That way, you know you're more apt to do it.

Meditating At Work

Meditating at work can be an excellent way to relieve stress. Anytime in your day that you can find 10 minutes of free time, like during lunch or during break-time, just find a quiet area and close your office door or meditate at your desk. Using the ladies' lounge area to meditate right after work ends, is a good time and place to meditate, too. Find a vacant room at work and simply close your eyes, slow down your breathing and meditate for a minute or two.

Get to work a few minutes early in the morning and sit in your car to meditate, before the parking lot fills up with other people. Or as soon as you get in your car after work, before you leave your parking space, take 10 minutes then for your practice. Or meditate on the way home from work on the subway, train, bus or car, as long as you're not driving.

If possible, get into the habit of doing it as soon as you get home from work, before all the other distractions of life get in the way. Also, late afternoon or early evening, between 4 and 6 o'clock or sometime before your evening meal, is usually a good time for your 2nd meditation. My preference is to meditate at 5:30, before I prepare dinner.

Night Time

And night time is also an ideal time to meditate, for some people. You may be a "night owl" and find it better to do your first practice when you get home from work and your 2nd one later, just before bedtime. Again, whatever works best for you, is best for you!

Many people begin meditating to help them to sleep better. If you tend to have a very busy mind at night, which affects your ability to sleep, meditating in the evening can help still the mind, which helps you to wind down and prepare for a restful sleep. When you sleep, your mind is processing, sorting out and eliminating your mental clutter. Meditating before you sleep also clears out the clutter in your mind and sets your mind up for a more peaceful rest. It helps to bring closure to your day as you assess your day and then gently and naturally drift off to sleep.

Scientists at the Mayo Clinic recently discovered that the brain actually cleans itself of protein deposits which create a build up of plaque around the brain cells and fibers. The glymphatic system of the brain works while you're asleep, during the deepest stage of sleep, Stage 3 Sleep or the Slow Wave Sleep stage, which is also the level of brainwave activity found in deeper levels of meditation, in the delta brainwave frequency.

Since many people have disruptive sleep at night, they're never able to reach or remain in this state of Slow Wave Sleep, which naturally removes the plaque, so meditating deeply just before going to bed at night gives your brain the resources it requires to clear and heal itself, as well as providing the additional benefit of better sleep that regular meditation gives you.

Also, if you meditate just before going to sleep, your brain is more open to suggestions, so if you have a question about something and need an answer or a solution to a problem, pose the question to your subconscious mind during meditation. Doing this may also allow you to receive an answer during the time you're asleep, when you're in the deeper delta brainwave state, the state of dreaming and creativity. Just remember to write it down as soon as you wake up so you won't forget it.

However, some people find they are too tired to meditate in the evenings, so they end up skipping their evening meditation or falling asleep during it – so in that case, it might be better for them to do it earlier in the day, when they're more awake.

Again, anytime is a good time to meditate; morning, in the middle of the day, before work, during work, after work, before dinner, after dinner, or before you go to bed, and you'll still get the benefits of meditating.

You can experiment with times of day, to get a sense of what time is best for you, but whatever seems best, stick with it and practice at the same time each day.

THE BUSY WOMAN'S MEDITATION PROGRAM

If it turns out that occasionally you don't get that 2nd session in, it's OK, don't beat yourself up, just know you'll do better the next time.

And if you have a lot more on in your mind than usual and can't stay focused, while meditating is probably the most helpful thing you can do for that, if it starts to get too frustrating and you can't stay focused at all, just let it go for now, come back to it later in the day, when you're not so distracted.

Here are 2 tips for how to set reminders for yourself to meditate:

Set your Smart phone to remind you to meditate at specific times and program this reminder into your phone, say, "Siri, remind me to meditate at ___ am and ___ pm each weekday."

Use **Google Calendar** as your scheduling tool and integrate it with your phone so you can set reminders. Get in the habit of scheduling out your entire day, every day and include your meditation time in with your regular daily schedule.

How Long To Meditate

How long one meditates is a matter of preference and meditation for any length of time is going to produce results. If you start with too high an expectation on the length of time to meditate, you're setting yourself up for failure. In the beginning, I recommend most people start with just a few minutes of meditating, less than five. Later, you'll be doing what I consider optimum, a total of 30 minutes/day, broken up into 2 bite-sized segments of 15 minutes each during your day.

You can also use your watch or set your timer on your phone for meditating. A free app I recommend is [Insight Timer](#).

The longer you can meditate, the better, but that being said, meditating for a few minutes a day is still going to be very effective and beneficial.

Where To Meditate

THE BUSY WOMAN'S MEDITATION PROGRAM

Meditation at its essence involves stepping away from your regular day to day busy life for a little while and setting aside some time just for you.

This is your time for YOU...

We all need to make time to re-connect to ourselves daily, allowing our hearts and minds to be filled with a larger, higher reality as we go within and create the space to rest, relax and allow for our own innate wisdom to come through. This is also a time to show ourselves some pure, unconditional and non-judgmental self-love.

You can meditate everywhere it's appropriate! The only real exception is while driving a car, as you may be in an altered brain state and it can be very dangerous.

When starting out, most people find it helpful to meditate at the same place each day, a quiet space at home, usually a private area you have set aside just for meditating. It can be something as simple as a chair or in front of a window with a candle or a yoga mat laid out on the floor or the corner of your bedroom.

Or it can be as elaborate as creating a special **Sacred Space**. Then, as you become more comfortable with meditating, I encourage you to begin exploring new places where you can practice your practice. Wherever you decide that is, be sure to meditate in a spot you feel really happy to be in.

TOTALLY OPTIONAL: Create a Sacred Space For Your Practice

Some women may want to have a spa or retreat-like experience while we're doing our sessions and meditations together or when you're meditating by yourself at home. Again, this is purely optional and not required in any way in order to do the **Busy Woman's Meditation Program**.

For those who wish to practice your meditation this way, you can create a [Sacred Space Sanctuary](#) which is an entire room or an area of a room that has been set aside just for the purpose of consciously creating the time and way to connect with

your Soul. In this space, surround yourself with meaningful items that make you feel really good, well cared for and special ... **because you are totally worth it!**

Ways To Meditate

Meditation can literally be done anywhere; just have a pair of big, dark sunglasses and you're good to go! You can meditate in a coffee shop, on a bus, as a passenger in a car, waiting for a meeting to start at work or waiting to pick up the kids at school.

Comfort is key. Posture is important and you should always be comfortable when you meditate, with your back straight and supported and your neck nice and long. You want to be comfortable, but not so comfortable that you find it hard not to fall asleep. The idea is to be comfortably awake and alert.

The optimal breathing for meditation is slow and deep, from the diaphragm, either in and out the nose or in the nose and out the mouth. Wear comfortable clothing when meditating; wearing tight clothes can make you feel too constricted when you're trying to relax your body and your mind.

There are endless ways to meditate: silent meditation, guided meditation, open eyed meditation, mantra meditation, group meditation, mindfulness meditation, walking meditation and chanting out loud. All of these are different recognized ways to meditate. Have you ever tried meditating with your pet? Seriously, it's great! I meditate every morning with my puppy Lola. She peacefully lays there and loves it, and so do I!

You can apply the practice of meditation to practically anything you do. It can be done while sitting, standing or doing tasks. Even eating can be meditative, as you focus on the various flavors, textures, and sensations of the particular food or drink. Even drinking a cup of tea or enjoying a piece of chocolate, when done mindfully, can be considered a meditative practice.

You can meditate while you're doing repetitive daily chores like washing dishes, making your bed, folding laundry, cooking and cleaning or even when showering or

brushing your teeth (which are great ways to practice mindfulness and being fully present).

Meditating outdoors in nature can be very peaceful and enjoyable. You can meditate in your own backyard, at the park, while doing yoga, weeding the garden, taking a walk, or even while playing an instrument. You can lay on your stomach at the beach and quietly watch the waves, that's meditating.

If you work from home and have kids, playtime or naptime works well for meditating or when your partner gets home from work, arrange to give each other some valuable "me time" to do whatever you want and meditate during yours.

A perfect time to meditate is when taking a bubble bath. Fill your bath with Epsom salts and a few drops of lavender essential oil, light a few candles, put on some relaxing music and pour yourself something delicious and cold to drink. Yumm!

Don't think you always have to have your eyes closed, in order to meditate and you'd be surprised about how many people don't. For example, you can do a sit with your eyes relaxed and just partially close your eyes and focus your gaze on a spot on the floor. Or if you use public transportation you can use your commute as a time to meditate and keep your eyes open. Or meditate while walking the dog, running, cycling, on a train, plane, bus or a passenger in a car. Again, my only caution around meditation is to not meditate while driving a car, as you may be in an altered brain state and that can be very dangerous while operating a vehicle.

Waiting Meditations

While stopped for a minute at a red light, you could turn off your radio and keep your eyes open as you focus on taking a few nice, deep breaths.

Or do your practice when you're in in the car, waiting to pick up the kids from school or an activity they're in.

Meditate while waiting in line. You can use the time to just observe your breath or your body, for example, are your muscles tense? It's important that when you do the observing, you do it without judgment.

You can meditate while waiting for a meeting to start. Just close your eyes, do your **Busy Woman's Meditation**: relax, release , repeat. Let people assume you're taking a power-nap. In fact you are, because meditation is just like taking a power-nap, only better, as you're giving your brain as well as your body, a nice deep rest.

When To End Your Practice

There is no correct length of time to practice meditation, however when first beginning it is often easier to sit for shorter periods of time, like 2-5 minutes. As you become more comfortable with your practice, meditate longer. Set an alarm if you prefer to sit for a predetermined length of time. Another option is to decide on the number of breaths you will count before ending your practice. Some people use mala beads to do mantras or keep track of the time. A mala contains 108 beads so you could hold each bead for about 5 seconds for a 10 minute meditation.

How To End Your Practice

When you are ready to end your practice, slowly bring your conscious attention back to your surroundings. Acknowledge your presence in the space around you. Gently wiggle your fingers and toes. Begin to move your hands, feet, arms and legs. Open your eyes. Move slowly and take your time getting up.

Moving too quickly out of a meditation can possibly make you feel a little "spacy," so give yourself a few moments to rest and to feel the benefits of your meditation and to let your body adjust back to normal. Take your time. Don't rush off to get back to your day.

After meditating, you may want to drink some water to keep the energy moving and flowing. Always end your practice by thanking yourself for taking the time out of your busy day to meditate.

The Importance Of Grounding

It's also very important to take a moment to ground yourself before going back to your normal day. "Grounding" or "earthing" literally means to ground your energy into the earth and you do that by visualizing energy being released through your feet down into the ground. This is something you should also do if you feel a bit "spacy" or light-headed after meditating.

The idea behind grounding is that the earth is a huge body carrying negative charge with it. This negative charge comes from the electrons, which act as free radicals, destroying electrons or antioxidants. The act of walking barefoot is known as grounding. Eating root vegetables, being in nature, especially near trees or the ocean and walking barefoot at the beach or even sitting on rocks will ground you.

What To Do If You Don't Want To Meditate

The reality is, some days you welcome and enjoy your practice, and some days you don't. However, if you find really don't feel like meditating, don't try to make yourself meditate, instead, I want you to take some time to explore what that's all about.

Do you have any idea why you don't want to? Are you setting unrealistic or unworkable time goals for yourself? Do you notice a difference when you do meditate vs. when you don't meditate? Have you outgrown your present practice? Do you need to move to a deeper level of meditation?

If the feeling continues and you just feel like meditating is NOT what you want to be doing, then just don't do it for a while. Take the guilt and pressure off yourself and just practice, *not practicing*.

If you force yourself to do it when you really don't want to, not only will you **not** gain the full benefit from it, at some point it will actually become counter-productive for you. Hopefully, the feeling will pass and you will find that you miss having that quiet time in your day and you'll be anxious and enthusiastic about going back to it.

Seeing Results

It's important to remember that the effects of meditation are both immediate and cumulative. There are no limits to the benefits of meditation, depending on your intention and your level of commitment to it. The more you meditate, the more self-aware you become. You become more conscious of what you think, the way you think, what you feel and what you want.

As far as what kind of results can you expect to see, as with anything, the more you put in, the more you get out. If you bring your best to this program, you follow it just as it's being presented to you and you meditate consistently, every single day, you absolutely *can and will* learn how to meditate. You'll be meditating from your very first session and you will be able to meditate on your own, at home.

You will also begin to feel a difference in your mind and body as the benefits increase because you are making meditation a daily practice. Consistency is far more important than quantity. Meditating for 5 minutes every single day will provide you with much greater benefits than meditating for two hours, once a week.

The stress of everyday life can take a toll on your health, so depending on your level of stress, some people will notice obvious changes immediately, and for others it may be more subtle and gradual. One of the earliest results people realize when they first start meditating is they notice they're sleeping better and it usually happens quite quickly.

Generally, about 3 months after beginning a regular practice is when we usually reach a point of consistency and proficiency with meditation and are experiencing

the more profound benefits it offers; like increased productivity and concentration and noticeably decreased amounts of stress and anxiety.

Make meditation something that you do for you, but just don't be too dogmatic about it regarding how long, how often, when, where, etc. Promise yourself to meditate *almost every day*, and if you miss a day here and there, no worries. It's not the end of the world, just start over. You may just want to adjust your schedule to better meet your needs.

For example: decide to practice for 10 minutes per day, every day of the week, Sunday – Saturday, for 1 week. At the end of that time, reassess. If 10 minutes is too long, go back to doing 5. If Sunday – Saturday is too much, skip the weekends and just do Mon – Friday and see how that goes.

The more regular and often you meditate, even if it's just a few minutes, the more you'll get out of meditation and the quicker you'll start to experience the positive results and effects of it. And don't give up on your practice, even when nothing seems to be happening, because it is.

Final Tip

The practice of meditation is designed to be integrated into your busy schedule, not the other way around and you'll see that *you really do* have time to meditate, no matter how busy your day is.

Meditating is a gift you give to yourself, not an obligation or another thing on your to-do list. Hopefully, you'll begin to see it for the great advantage it provides in your life. To have an effective meditation practice, all you really need is to find a few minutes a day to spend in peace and stillness and that can absolutely change your life! Remember, this is your practice, make it serve you and whenever and wherever you can - just meditate!

About the Author



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For 20 years as a life coach, Lynn Ahearn has been helping to transform lives of people through her coaching, one woman at a time. Lynn's intention is to make meditation simple, practical and accessible to busy women who want to bring more peace and presence into their daily lives. In her private coaching sessions and programs, she offers women a pragmatic approach to everyday spirituality by creating a safe, supportive and encouraging environment in which to learn and grow.

Lynn is also the author of the book, *Awakening To The Wisdom Of Your Soul*, a memoir about her own journey of spiritually Awakening. Read an excerpt [HERE](#).

Visit [Busy Woman's Meditation](#) for a variety of resources to help you move forward on your Soul's path and life journey.

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