

# Gympass

Meditation is for everyone



# Summary

The benefits of meditation and how to develop a consistent practice

- 1. Why meditation has become so popular**
- 2. The benefits of a consistent practice**
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# 1. Why meditation has become so popular

There's nothing magical about mindfulness or meditation. This life-changing practice has been around for thousands of years. Born in Buddhism philosophy, meditation is considered a beneficial practice for people from all backgrounds and beliefs. The practise integrates physical and spiritual paths, and when incorporated in the day-to-day, brings many benefits to its practitioners.

The constant demand for more focus and performance has unsurprisingly led to an era of anxiety. This explains the reasons why meditation has become so mainstream today. To deal with so much pressure, meditation is almost mandatory for those who have ambitious goals and aspirations in fields that require significant achievements. In the past, every single elite athlete from any sport has used meditation as an essential part of their training routine. The same practice borrowed from peace and religious philosophy is surprisingly very useful in our frantic, anxious and multitasking society.

But what exactly is meditation? And why did it become so popular over the years?

Meditation is a means of transforming the mind. It is a mixture of techniques that encourage and develop concentration, bringing presence, clarity, emotional positivity, and a clear perspective of reality. When things in life feel beyond your control – or even to deal with small daily challenges – meditating helps you take responsibility for your state of mind. At the same time, it inspires and cultivates more positive emotions and behaviors.

The most anxious generation ever born has remodeled meditation into a lifestyle. Such experiences may promote a profound transformation in the personal, professional and spiritual compasses of our lives, leading to a new understanding of one's role in this world. Much more than just a trend, meditation is an excellent way to take care of ourselves.

## 2. The benefits of constant practice

It is not about switching your mind off and stopping your thoughts from forming. With the right technique and steadiness, meditation will help you improve your brain function, reduce stress and anxiety, increase longevity, immunity and enhance positive experiences.

The plethora of benefits meditation offers are not only experienced individually but also in groups. Corporations have brought meditation into their schedules for stress release and employee care as one of many other ways to cultivate mindfulness.

If you haven't noticed the tremendous improvements meditation can bring to working life, here are just a few examples:



### **Meditation enhances self-awareness**

Some styles of meditation can help you develop a more robust understanding of yourself and how you relate to those around you. In the workplace, being able to recognize unhealthy thoughts that may be harmful or self-defeating is crucial, especially during stressful situations. When someone becomes more conscious of their own thoughts and how they are connected to their habits, they are then able to start creating constructive patterns.



## Meditation lengthens attention and focus

Just like weight lifting or training for a marathon, the consistent practice of focused-attention meditation increases strength and endurance. While working, for example, whether from home or the office, employees who regularly are capable of maintaining focus on a task for longer and can remember details of their tasks better than their peers who don't practice. According to studies, meditation is so powerful it can even reverse patterns in the brain that contribute to mind-wandering, worrying and insufficient attention.



## Meditation propagates kindness

A form of meditation, also known as loving-kindness, begins with developing kind thoughts and feelings towards yourself. Then you start aiming similar thoughts towards the ones you know, and finally to the rest of the world. This practice is not reserved for monks; anyone can and should try it. Through loving-kindness meditation, people can learn to extend genuine kindness and forgiveness externally, first to friends, then acquaintances and ultimately even rivals. In the workplace, that kind of empathy is capable of transforming team dynamics and engagement.

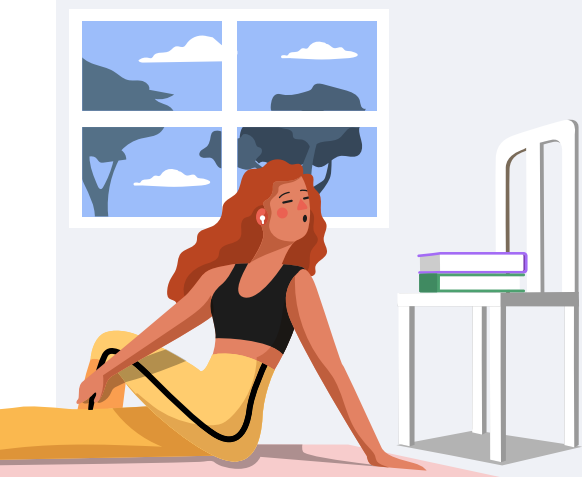


## Meditation's benefits are immediate

Many benefits are quickly identified after people begin observing their thoughts. Besides the sense of calmness and peace of mind, studies indicate that although it's not an expected outcome, people start seeing conscious behavior changes such as a reduction in implicit race and age prejudice.

While there are books, courses, videos and podcasts teaching people how to meditate, the most challenging part of mindfulness and meditation is to make it a daily habit. Just like eating healthy, sleeping well and exercising, meditation is an acquired routine. You can always start from some point.

### 3. Simple tips to help you improve your experience



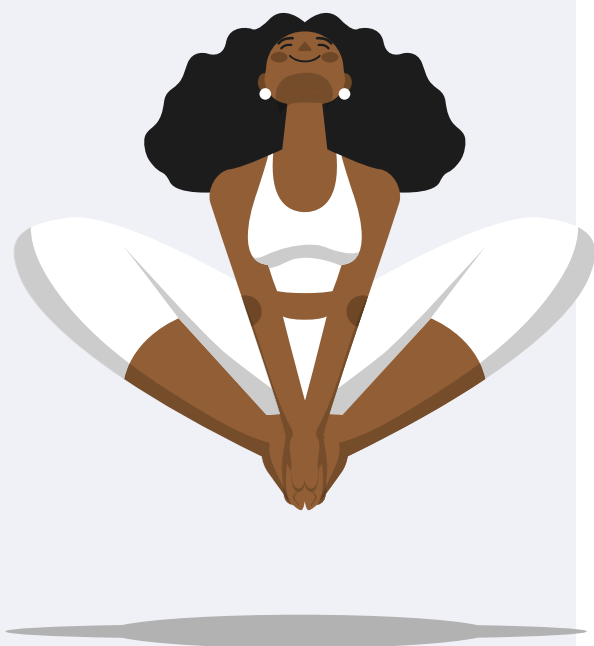
#### Commit to a time and place to meditate and stick to it

Pick a room or specific space for your practice. A consistent environment will help train your body and mind to feel more comfortable and will allow you to jump into meditation more easily. Keeping the place clean and uncluttered will also make your practice feel special. Create an environment that nourishes a more relaxed state of mind by adding scents, colors and sounds.

Beyond that, remember that routine is essential, and one of the main obstacles to meditation is finding the time and sticking to it every day. When beginners feel that meditating makes their minds seem busier than ever, it's always best to stick with it and push through if you can. In the beginning, you may have to reorganize your day. So consider waking up earlier, reducing screen time or saving ten minutes of your lunchtime exclusively for that. The time commitment to meditation is small compared to the benefits you will receive. Over time, meditation will change your perspective and give you control over how you choose to spend your time.

#### Listen to yourself and embrace your thoughts

At the beginning of your practice, sit down quietly and ask yourself what do you want, what outcomes you need from those minutes of intense reflection. You will learn a lot and discover the non-obvious when you come in contact with your inner self. Ask yourself about your real desires and purpose. Take advantage of the infinite amount of thoughts wandering through your mind and learn from the teacher within you. When you give voice to your thoughts, you will find useful ideas,, beliefs,, solutions and ultimately inspiration.



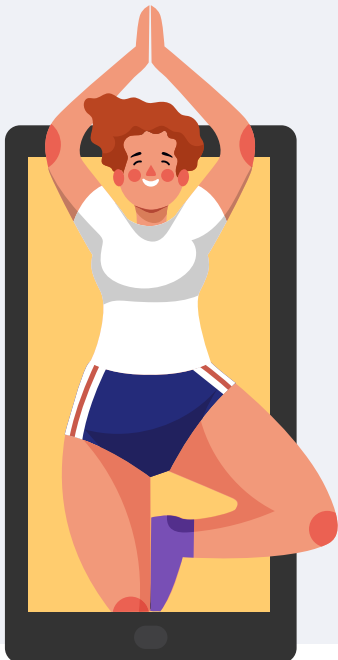


## Start simple and gradually build up your practice

Meditation is a humble practice. It takes time and effort to build a steady routine. Some positions, breathing techniques or length of each session might feel very challenging at first. Remind yourself that the journey is more important than the destination. If you are a beginner, build your practice up over time: start with two-minute sessions and gradually increase your sessions to five, ten, fifteen minutes. Keep challenging yourself until you reach the point where you think meditation is well incorporated into your life.

## Be patient: some days will be easier than others

Meditation is about learning how to treat yourself with kindness, no matter what you may be experiencing at any given moment. Just like physical exercise, some days will feel more comfortable than others. Many factors may influence the perception and results, like the quality of your sleep, your current diet, the amount of stress you're experiencing. Acknowledging your emotions and accepting that experiencing a downhill sometimes won't ruin your practice, and it is a crucial step as well. Meditation brings up good feelings, as well as bad emotions, so sitting on your thoughts will help you better recognize each one of them. Don't forget to take a moment to thank yourself for the self-care and feel proud of the effort you took to meditate.



## Be friends with technology

Sometimes it is okay to take advantage of extra help. Meditation has become so popular companies and people all over the world have started developing solutions, tools and platforms to encourage others to meditate more. If you feel a little lost or need a place to start try using an app or online class for guidance. There are a number of options for various different levels. Long or short sessions, nature or spiritual sounds, guided meditation. Taking better care of yourself and turning meditation into a healthy priority is up to you, but we are glad to help.

## 4. Become a Gympass partner



Contact us by clicking [HERE](#).

[site.gympass.com/web/us/digital](https://site.gympass.com/web/us/digital)

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