

The 5 W's of Meditation- Part III

Helene Finizio, M.A.P.P.

When is the Best Time to Meditate?

Any time that you have available to you within which you are moved to meditate is always the best time!

Oftentimes, people pigeon hold themselves into a paradigm where they must be exacting about their practice, thinking that if they are not getting up at 5am and meditating for a full hour, then it just isn't worth it. Quite the contrary, my friends!

MOST of the people I work with who consistently meditate realize that we must arrange our lives in a way that MAKES ROOM for meditation. Each day brings with it its own unique challenges and events, and no two days are exactly the same. Therefore, the timing of our meditation practice must be FLEXIBLE in order to flow with the natural rhythm of our lives.

Creating structure around a given "target time" is very beneficial as it allows one to become habituated to a routine within which meditation is an easy part of the day. We can actually rewire our brains to cue a desire to meditate when we start to really incorporate it into our daily habits. Whether it is 5 minutes or a full hour, the more consistent we become the better. Yet, if we cannot make our "target time" we will still feel the urge to include it as a part of our day once we get familiar with it.

When are you MOVED to meditate? If it is not a part of your day, it is hard to create any real consistency with the art. Out of sight, out of mind is quite true, especially with this non-tangible. Yet once we connect with our DESIRE to meditate, structuring it into our lives as a priority for our greatest vitality and zest for life, it becomes a joy to include in our daily activities.

Meditation is an art that is best done AS IT FITS INTO YOUR LIFE HARMONIOUSLY. It is not an art of pushing; it is an art of ALLOWING.

So when is the best time to meditate? When you ALLOW yourself to become AVAILABLE for any duration of time within which you are MOVED to be in a space of HARMONY.

Helene Finizio, M.A.P.P.