CONQUER TODAY EQUIPMENT

BREATHE

TACTICS AND TOOLS FOR A POWERFUL MEDITATION PRACTICE

GET BACK TO REALITY

All day long, stimulation. Lights, colors, sounds, traffic, problems, conversation. We've put the pedal to the metal on our brains, and now the tires are bare and the engines are burnt out. You need rest.

Pair this piece of equipment with "10 Scientifically Backed Reasons to Meditate" as well as our "perfect ten" method of meditation for beginners (copy and paste the video and article links below).

With a proper meditation practice, you can take back your own mind. It is your sacred space, and the most powerful tool you own. Sharpen it.

10 reasons to meditate: cnqr.co/reasons-to-meditate/
Perfect ten video: cnqr.co/the-perfect-ten/
Perfect ten article: cnqr.co/meditation-for-beginners/

MEDITATION TIPS

We've compiled this detailed list of additional meditation tips from excellent resources all over the world.

From zenhabits.net:

Do it right away in the morning. Don't get caught up in the "how", just do it. Construct a loving attitude for yourself. Do a body scan, by focusing on one body part at a time. Find a meditation community to help.

From artofliving.org:

Put your phone in airplane mode. Warm up your body with light yoga or exercise. Once you're sitting and comfortable, don't adjust until it hurts. Let your breathing be light and smooth. Make a special place for meditation, and meditate. Try and learn from a qualified teacher.

From collective-evolution.com:

"The benefits that you will receive from meditation will come in a variety of different ways. You may receive messages during your practice or even later in the day, you may have visions, you may have an out of body experience, or you may not.

If all you get from meditation is 5 minutes a day of a clear head, than that is perfect in its own way. Don't get caught up with what others claim to have experienced, focus on yourself and remember you are doing this for yourself only.

ADDITIONAL MEDITATION QUOTES

You might find yourself inspired with these meditation quotes from the masters.

"If you have time to breathe you have time to meditate. You breathe when you walk. You breathe when you stand. You breathe when you lie down." **– Ajahn Amaro**

"Meditation practice isn't about trying to throw ourselves away and become something better, it's about befriending who we are." **– Ani Pema Chodron**

"Silence is not an absence but a presence." **– Anne D. LeClaire**

"Meditation brings wisdom; lack of mediation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom." **– Buddha**

"This is universal. You sit and observe your breath. You can't say this is a Hindu breath or a Christian breath or a Muslim breath." **– Charles Johnson**

"If you can resist the impulse to claim each and every thought as your own, you will come to a startling conclusion: you will discover that you are the consciousness in which the thoughts appear and disappear. **– Annamalai Swami**

"Be here now. Be someplace else later. Is that so complicated?" **– David M. Bader**

MEDITATION APPS AND SOUNDS

Sounds:

If you're having trouble focusing in quiet, our first recommendation is to try some version of white noise. On YouTube or Spotify, you will find long tracks of deep, humming sounds or the static of a blowing fan. These sounds can help block out any distractions.

Next, you could use nature sounds. These put you in a more imaginative place in your mind, and still allow you to focus on the breath.

There are many different types of meditation music. You can also find this by searching on Spotify or YouTube. Some will be simple tracks of calming instrumentals, some will contain "binaural beats" which are calculated sounds alternating between your earphones to force your brain into deeper concentration.

Apps:

Headspace: Learn to meditate with their free basics pack, a 10-day beginner's course that guides you through the essentials of meditation and mindfulness. It'll give you a solid foundation to build your practice on.

The Mindfulness App: This app comes packed with features, including a five-day guided meditation practice, meditation reminders, personalized meditation offers, and timers for keeping you on track. There's even a health app integration capability.