

Daily Mind Matters

Balance

Use the following Daily Routine if you are feeling unsteady or out of balance, or you know of a situation that will cause you to feel (unsteady or out of balance) in the future. It is recommended that you follow this routine for at least 7-days. The longer you do it, the more lasting will be its effect.

Routine

- AM - Morning Meditation for a maximum of 15 minutes.
- Midday - Midday Affirmation for approximately 1 minute.
- Evening - Evening Review for a maximum of 5 minutes.

On Waking

Make your cup of tea or follow your immediate routine.

Daily Meditation - Balance

(Maximum duration 15 minutes)

Meditation - Balance

Find a place where you will be undisturbed for 5-15 minutes.

Stage 1

Focus on gentle breathing:

- Inhale through the nose.
- Exhale through the mouth.

Use the breath to help you relax.

Stage 2

Maintaining a gentle breath, silently say:

- *“I breathe in and create a balance in my mind and my body.”*
- *“I breathe out and release all unsteady thoughts and feelings.”*

Repeat for a *minimum count* of 5 inhalations & 5 exhalations.

Stage 3

Normal breathing for a few moments and then silently repeat this meditation phrase:

- *“I allow myself to find my balance, so I am comfortable, stable and steady.”*

Repeat the saying for as long as you feel comfortable.

Stage 4

Visualise yourself above where you are sitting or lying down.

See the situation that is causing you to feel unsteady or out of balance as a tiny speck on the horizon:

- Silently say: *“This situation is not real, it no longer affects me.”*

Repeat the saying for as long as you feel comfortable.

Stage 5

In preparation for ending the meditation:

- Deepen your breathing as you become aware of your surroundings.
- Feel stability & balance flooding through your body.
- Smile as you open your eyes and end the meditation.

Midday Affirmation

Find a place where you will be undisturbed for 1 minute.

Silently repeat this meditation phrase:

- *“Every breath I inhale stability.”*
- *“Every breath I exhale releases all my unsteady thoughts and feelings.”*

Repeat 3 times.

Evening Review

Find a place where you will be undisturbed for 5 minutes.

Reflect back on your day and identify any moments of being unsteady or out of balance.”

Do not try and push the thoughts away, just accept what has happened.

Quickly review the day highlighting any moments of being unsteady or out of balance.”

And then silently affirm:

- *“I no longer accept these unsteady thoughts as being real.*
- *They are not a part of me.*
- *I let them go.*
- *I am balanced.*
- *I ‘will’ myself to be balanced in everything I do.”*

Liz McCaughey

Lizmccaughey.com