



Energy Boost

In order to boost our energy during the day we tend to rely on things which provide a temporary kick like coffee, energy drinks or sugary foods, leaving us just as exhausted. Is this the best way to go?

The problem with quick energy boosts is that they always come with the inevitable crash, leaving us just as exhausted as before. In order to durably increase your energy levels try meditation! Meditation for increased energy might seem like a paradox as it is used mainly to calm

the mind. Many people become surprised to learn that meditation is a highly effective solution to boost your energy. Studies have shown that a meditation session of only 5 minutes each day will reduce stress and anxiety by 50% and will double your energy levels.

Reorganise your daily schedule so you can reserve 5 to 10 minutes preferably early in the morning. Choose a quiet and peaceful environment. Sit with your back straight and your feet flat on the ground or cross-legged in a lotus-style pose. Use a timer. Close your eyes or focus on a flame or an object. Be aware that meditation is not just a breathing exercise. It's a learning process.

STEP 1

For the first minute or two, settle into your breathing rhythm and observe your state of mind. Notice your energy level today and how it affects your posture and your mood. Try not to think about any daily issues, problems or tasks that may lay ahead in your busy working day. Clear your head completely and focus only on your respiration.

STEP 2

Then for the next several minutes, as you're focussing on the breathing, imagine you're taking in energy when inhaling. Visualise your breath as pure energy coming in and oxygenating the cells. See it as the fuel that creates energy in your body. Then, on each exhale, visualise letting go of fatigue, dullness, or anything that weighs you down. Remember, rather than trying to actually deepen or control the breath, you're just noticing its natural pace.

STEP 3

For the last few minutes, drop back to noticing and observing the experience of your breath in your body. When you reach the end of the meditation, take a moment, just to notice the change in your energy levels.



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