But I don't have time to meditate!
by Janet Carol Ryan
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O.K., so every spiritual book you've ever picked up says the same thing - meditate! You know it would be good for you – like your 5 servings a day of healthy fruits and vegetables, but when you look at your day planner you can't find that 'extra' 30 minutes anywhere. And what about needing to adopt a special posture, or time of day or sacred space to meditate – sheesh now I'll never get around to it!

So, first of all, let's just breathe.
Really, right now as you read this, take a nice deep breath. Count your in-breath 1-2-3-4 counts, then let your breath out and count again 1-2-3-4. See, you just meditated. For those 4 counts you took your mind off whatever it was on, and brought your awareness to your breath. When we do this, even for just a few moments – we connect with the inner space – Deepak Chopra calls it the gap – of pure potential – our true selves.

The benefits of meditation are profound – calmness, clarity, creativity and inspiration, regulated heart rhythms, and overall sense of well-being. And when we stop for periodic meditation 'breaks' through out the day, we have these moments of peace strung together like beautiful beads on a strand – until peace becomes the way that we are in the world!

Try this meditation from Thich Nhat Hanh

> Breathing in, I calm my body and my mind
> Breathing out, I smile
> Living in the present moment,
> I know this is a wonderful moment.

String those wonderful moments together and see the change in your world.

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Janet Carol Ryan, RScP is a licensed Religious Science Practitioner based in Northern California, with clients all over the world. The purpose of her work as a spiritual counselor, metaphysical teacher and guide is to inspire and assist people to connect with the Divinity within. Her work combines the practical application of spiritual principles with the transforming power of affirmative prayer. Janet brings her considerable skills, intuitive insights and clear heart to the process of connecting with inner wisdom and higher consciousness. To learn more about her offerings please visit: www.janetcarolryan.com