

★ 5 Meditation Techniques to Stop Negative Thought Patterns ★

Think of that voice in your head that constantly tells you “you can’t do that” or “you’re not skilled enough for that.” That little voice follows you around, criticizes you, and keeps you from reaching your true potential. “You are your own worst enemy,” is a saying that was aptly created from a vicious cycle we can’t escape.

There are other thoughts that make you do things you shouldn’t do, like over-eat, skip the gym, or waste money buying things you know you don’t need. We learned this behavior not only from the closest influences in our life such as our families and peers, but also from the media and society as a whole. It contributes to the “monkey mind,” which reacts to the drama in our lives. It’s a narrator that exists in our heads and is constantly worried about the future and what’s going to come with it.

Why We Repeat The Same Negative Thoughts

It requires less work for the brain to think the same thoughts over and over again than it does for the brain to inquire about new thoughts. All day long we are thinking, without consciously thinking, putting our minds into auto-pilot and latched onto these negative thoughts.

These thoughts then gain power from your body’s reaction to the thoughts. Your body responds by secreting hormones that can impact your nervous system.

Techniques for meditation:

Technique 1: Let Your Body Relax

When we think negative thoughts, we physically tense up, which puts us into a greater state of distress. Allow yourself some moments of respite from reality in which you sit down, breathe, and relax. If you feel tension in a particular part of your

body, do your best to relax it. When you exhale, imagine you're directing your breath into the area you feel pain, allow the power of your breath to soften the tension.

When you're meditating, be still and mentally scan every part of your body, from your head to your feet. Feel each part and feel its connection to your center of gravity. Keeping your focus on your body can occupy your mind, and prevent it from getting swept away by a current of negative thoughts.

Technique 2: Focus on Pleasure, Not Pain

Even if you suffer from chronic pain or headaches, etc. there is always something you can focus on that is rooted in pleasure. Think about your body and focus on what feels good today, rather than your various ailments. If you're having trouble, try rolling your shoulders, stretching your neck, or doing some yoga. This should create feelings of softness across your body that you can focus your attention on.

Technique 3: Gently Observe Your Negative Thoughts

When a negative thought pops into your head, don't try to forcefully suppress it. This is like fighting a losing battle with a current, rather than trying to swim with it. Instead, observe it for what it is. Position yourself as the observer, not the thinker. Remember that your thoughts are separate from you and your Higher Self, and simply allow the thought to float away. In many cases, the act of identifying your negative thoughts will be enough to break the cycle before it starts.

Technique 4: Breathe Deep

When we get anxious, we start to breathe shallowly, which means we are not receiving enough oxygen deep into our lungs. Pull your shoulders back, sit up straight, and focus on deep, thoughtful, and meaningful breathing. If you find your mind drifting into negative patterns, returning your attention to the breath can help

you break the cycle, and train your mind to focus on things that are actually happening instead of your thoughts.

Technique 5: Meditate At The Same Time Every Day

Meditation is a learned skill that can become engrained in your every day if you make it part of your routine. You don't have to meditate at precisely the same time every day, but conditioning yourself to meditate in the morning or before you go to sleep can make it much easier to establish a habit. Even if it's just for a few minutes each day, try to follow these steps and really unwind your body from the anxiety. You will feel your mindset start to change as you gain confidence and learn to tune out negative thoughts.

Conclusion:

Meditation and mindfulness are all that you need if you want to turn over a new leaf and start living a more positive lifestyle. Anyone can do it anytime, anywhere.

You just have to make the decision to get started !

