



## Using Meditation to Bring You Greater Confidence

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Many might find it shocking that meditation can be used to boost confidence. The truth is that ***meditation can be used to strengthen any emotion or skill.***

When you meditate, you bring a great amount of awareness into your mind. In the moment of meditation you hold the power to decide exactly what your life is all about. The past and the future melt away, and all that's left is you. So when you actively decide to boost confidence, you will!

### Bringing Past Feelings Into The Present

The first thing you should do is familiarize yourself with the feelings associated with confidence. Take a moment to recall different times in your life that you felt especially confident. How exactly did you feel?

For example, maybe you remember a time when you entered a sports competition. You trained hard and you believed in yourself. How did you feel right before you started?

Let's say that you now have to lead a group of people at work. You're feeling a little scared about it because all of the details are not falling into place as you'd like. Meditate on the feelings of confidence. Bring the positive emotions from past successes into your present and ***approach your problem with those positive feelings*** instead.

### Picturing The Future

In order to strengthen your meditation skills to encourage greater confidence, it may help to ***picture future circumstances turning out in your favor.*** When you sit down to meditate, be very detailed in your visions. Use the confident feelings you know you have and place them into the situations you're envisioning.

This activity is a good idea to try if you feel that negative emotions are overtaking you. However, for the most part you should be concentrating on the present moment and taking life one breath at a time.

### **Staying In The Now**

Sometimes you'll feel negative emotions, the opposite of confidence, when you're overwhelmed with problems. This is when it's especially important to stay in the *now*.

When you meditate on each breath and focus on the present moment, you'll realize how very simple life is among the complexity. You'll be able to calm down. With a calm head you can then reach for the confidence you seek.

### **Remember these tips as you meditate:**

- Find a place where you can be alone with your thoughts.
- Sit in an upright position with good posture.
- Fight the urge to take a nap or go to bed.
- Take deep inhales and long exhales.
- Pause in between breaths.
- Repeat a mantra or affirmation to yourself as you breathe in and out.

### **Meditating Often**

***Meditation is an art that takes practice.*** Just like anything else, when you practice often you'll get better at it. You shouldn't just use the art of meditation when you feel that you need it. Strive to make meditation a part of your every day routine!

Soon you'll find that you won't have to try as hard to reach your meditative state. Understanding and confidence will become part of your life and you'll feel a greater power within.

It's easy to talk and read about meditation, but it's quite another experience to do it.

In theory it sounds like such an easy and delightful practice. The truth is that you're likely to get bored at first and you'll probably make excuses about whether or not you really have the time for it. ***Strive to remain disciplined and keep up with your practice.*** When you do, you'll experience a true inner peace and confidence like never before.