

Meditation the healthy posture creative writing sample

[Health & Medicine](#)



For five months, I have been practicing meditation almost on a daily basis. I started my meditation practice last year in October, driven by the fact that I was experiencing sleeping disorders, which made me feel unbalanced, cranky and tired. My first meditation sessions started out with mixed feelings. I was determined to do something about my sleeping problems, and I did not want to become a slave of medication. A friend of mine advised me to practice meditation to calm myself, indicating that this might have effective results for making me feel more relaxed and for losing my sleeping anxiety. I nodded at this idea distrustfully. However, I began to search more remedies for the sleeping disorders, and I found out that meditation is an effective natural treatment for a healthy and balanced lifestyle.

So, on 5th October 2013 I kneeled in the " seiza" position (knees folded under me, with my back, shoulders and head upright, eyes closed, hands resting open on my knees). I proposed myself to relax my mind, practicing deep breathing and to think only about my breathing, trying to put everything else aside. Easier said than done, because I had difficulties in actually focusing solely on my breathing and letting every other thoughts go away. Nonetheless, after my first meditation session I felt somehow peaceful. I continued for other three weeks and in time I was becoming more relaxed, more self-controlled, gradually letting go of my anger, my tiresome and made me gain a slight control over my sleep. Meditation made me feel optimistic and open minded.

Because I had a busy schedule, for a couple of weeks I could not practice my meditation, and I immediately felt the repercussions: I was becoming again easily annoyed, tired and my sleep disorder relapsed.

On 3rd January I restarted my meditation training, starting all over from respiration, thought control, relaxed posture. Sometimes I had the feeling that meditation does not work for me, because I could not let go my anguish, which would slip in my meditation sessions, hindering the instalment of relaxation. However, I continued practicing meditation, day after day, sometimes even twice per day.

As I was following a blue, red, white or yellow dot rolling on my body in a circuit, I managed to keep my anguish away and to be more focused on my internal sensations, while letting all other ideas, thoughts or external sensations fade away. When I meditate, I am repeating myself in my mind positive lines, such as “ I am relaxed and calm”, “ I am energetic and positive” and I transpose myself in a serene world, where everything is peaceful and harmonious. When I wake up from meditation, I feel good, revived, fresh and most of the times I feel a calm smile resting naturally on my face.

Besides meditation I practice Qi Gong and Taiji Quan, Chinese internal martial arts techniques, destined to purify the mind, to open meridians and to place humans in harmony with nature and universe.

After practicing meditation for two months continuously, I gained a healthy sleep and treated my anxiety. Meditation also healed my migraines and my nervousness, making me more peaceful throughout the day. Moreover, meditation taught me how to avoid being psychologically affected by external stressful factors. In time, meditation could also be beneficial for improving my cardiac rhythm and my blood flow. Meditation could also help

me focus better on my main objectives, not letting myself distracted by superficial obstacles.