

## Unclutter Your Mind and Destress!

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### *Get Calmness and Clarity through the Practice of Meditation*



The stress and rigors of everyday life have a tendency to take their toll.

We loose sleep.

Our work suffers.

Our personal and professional relationships fall by the wayside.

Spare yourself from stress with one simple act: **meditation**.

Even skeptics who have tried meditation say it works!

### **What is Meditation?**

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Meditation helps people tune out the stream of information that inundates them at work and at home.

There is no hard rule on how long you should meditate. Some people do it for 5-10 minutes, others for 30 minutes. The duration isn't as important as the number of times you meditate each week. Experts say the more you meditate, the faster you'll see results.

### **Ready to Get Started?**

In his article, [First Steps to an Uncluttered Mind](#), Arnie Hertz, a lawyer and avid meditator, offers these simple steps for beginners.

- Find a quiet place where you will not be interrupted. (It's great to establish a regular meditation site in your home or office.)
- Sit on the floor with your legs crossed and back and head upright. Or, sit in a chair with your feet on the floor.
- Rest your hands on your knees with both palms up or both palms down or fold your hands in your lap.
- Close your eyes and take a few slow, deep breaths.
- Returning to a natural, rhythmic breathing, start to focus on your in-breath and out-breath.
- Observe the qualities of your breath as it flows in and out.
- If your mind chatters or wanders, which it will, gently return your focus to your breathing.
- Slowly bring your awareness back to your body and take in the sounds around you.
- Move your fingertips and toes, stretch a bit, and open your eyes.

By quieting your mind on a regular basis you'll be able to achieve that work-life balance all of us strive for.

And best of all?

You simply can't do it wrong!

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