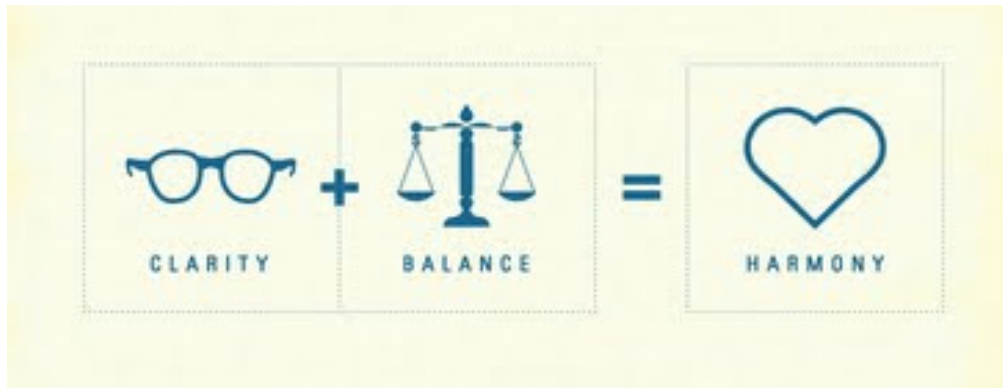


## Meditation as a Tool for Success: Radheshyam Miryala MD

### Heartfulness Meditation: Meditation as a Tool for Success



Clarity and balance are essential to making successful decisions in our personal, professional, and business dealings. Finding clarity eludes many of us in today's over-stimulated environment. Our senses are constantly bombarded by sight and sounds trying to grab our attention. In fact, our attention has become prime real estate for advertisers trying to make their way into our mind space. This relentless assault through social media, TV, radio, advertisement is diminishing our attention span. We are constantly told what to think by the world around us. Along with the overstimulation, the frenetic pace of our modern life leaves us no time for reflection on our decisions. With an ever expanding email inbox, looming deadlines, social calendars, family responsibilities, we feel pulled in many directions. How can we regain a sense of balance and clarity?

Take a few minutes to perform this thought exercise:

- 1) Sit in a quiet place with a pen, paper, and timer nearby. You will need to be unplugged from all distractions. (no TV, no social contacts, no cell phone, etc.)
- 2) Set your timer for 5 minutes.
- 3) Close your eyes and notice the thoughts that are coming up.
- 4) Open your eyes after the timer goes off.
- 5) Journal with total honesty all the thoughts that you recall in this 5 minute time frame.

Now carefully review all the thoughts that you had. How many of the thoughts you had are original to you? How many were a byproduct of what you were influenced to think? How many of your thoughts were productive, and how many were incessant ruminations? How many of your thoughts were emotionally toxic? How many of the thoughts did

you intentionally think of in the 5 minutes? How much of the mental chatter did you enjoy? How many of the thoughts were just random?

What if there was a way to regulate your mind better? What if you tamed your mind to think thoughts that you willed? How much more efficient would you be? How much more clarity would you have in your personal, professional, and business dealings? How do we take over the reins of our minds and control what we think?

Meditation is a tool that can help clear the mental chatter in our brain. Meditation can help us get closer to this clarity. A meditation practice can be seamlessly integrated into your life, allowing you to live a balanced life.