

QUOTES, QUIBBLE, QUESTION

20TH EDITION

FROM
THE
COACHING
GUY

WELCOME

This week the focus is on mindfulness and specifically Meditation – Helping you live a more fulfilled life.

Finding peace can feel like an elusive dream in the hustle and bustle of our modern lives, where deadlines loom large and financial pressures seem relentless. It is in this chaos that meditation emerges as a beacon of hope, offering not just a respite from the daily grind but a profound impact on our lives – both professionally and personally.

QUOTES

"You have to find what sparks a light in you so that you in your own way can illuminate the world." – [Oprah Winfrey](#)

"If you just sit and observe, you will see how restless your mind is. If you try to calm it, it only makes it worse, but over time it does calm, and when it does, there's room to hear more subtle things – that's when your intuition starts to blossom and you start to see things more clearly and be in the present more." – [Steve Jobs](#)

"You can't stop the waves, but you can learn to surf." - [Jon Kabat-Zinn](#)

Q U I B B L E

Let's talk about a common issue nowadays: being physically present but mentally elsewhere. We often find ourselves juggling tasks during meetings, checking emails at family dinners, and worrying about future obligations when we should be fully engaged in the present. Meditation, with its emphasis on mindful breathing and awareness, offers a way to break free from this cycle and bring us back to the current moment.

Now, some might question this concept, dismissing it without giving it a try. Why do so many people challenge things without understanding them and continue on without trying to make a change?

The reality is that it's likely a mindset, a conscious decision to take a transformative step. Not everyone is fixating on problems; some are just focused on getting through each day.

So, the challenge becomes an internal conflict. I used to feel the same way until I incorporated meditation into my daily routine and it became a habit. When I used to discuss meditation with others, I expected the skeptical looks and laughter, recognizing that it reflected where they were in their life journey.

Why aren't more people embracing meditation? Perhaps there's a perception that it's not for them, that they're doing fine without it. While that may be true, could life, relationships, and achievements be even better and more fulfilling with the practice of meditation? It's worth considering!

Q U E S T I O N

In the grand scheme of our lives, ask yourself: What if a few minutes of meditation each day could be the key to unlocking a more balanced, fulfilling life?

My thoughts as a starting point are:

Start Small: Begin with just a few minutes each day and gradually increase the duration as you become more comfortable.

Consistency is Key: Like any skill, meditation improves with regular practice. Make it a non-negotiable part of your daily routine.

Explore Techniques: There are various meditation techniques – mindfulness, transcendental, and loving-kindness, to name a few. Explore and find what resonates with you.

Utilize Apps and Resources: In the digital age, there are plenty of meditation apps and online resources that can guide you through your practice.

In conclusion, the impact of meditation on our lives is profound, reaching into the realms of work, finances, and family. As we navigate the complexities of our modern existence, let meditation be the compass that guides us toward a more balanced and harmonious life.

T H A N K S

For reading this week's newsletter.

If you have other subjects that you would like to hear about, drop me an email at matt@thecoachingguy.co.uk