

# The Amputee's Guide to Meditation:

*Anywhere, Anytime in 5 Minutes or Less*



by Eric Quander

# Introduction

*Stressed by work or family?*

*Overwhelmed by too many things to do and no time?*

*Tired of dragging through the day, unmotivated?*

*Distracted by physical or emotional pain?*

You need five minutes of meditation.

When you think of meditation, you might think of trim, yoga pants wearing twenty-somethings and suburban housewives or dudes with man buns and abs--chanting unfamiliar words in some uncomfortable yoga position, listening to chimes, connecting with your third eye, or any of the other cliches associated with meditation. Although there are a number of ways to relax, from prescribed pharmaceuticals to a joint, in reality, all you really need to meditate is *yourself*.

Meditation can take a lot of different forms, but in this guide to meditation, we're going to talk about the kind of practice that allows you to re-CONNECT with yourself mentally, emotionally and physically. This kind of meditation helps us to relax, calms stress and anxiety, and gives us a few moments of much-needed peace. You don't need any fancy equipment, and you don't even need a quiet environment (although that will help); it's the perfect way to recharge during a busy day.

## 1. SET A TIMER

Meditation and clock-watching don't exactly go hand-in-hand, so set a timer on your phone or computer. Ideally, you'll be setting it for five minutes—enough time to take a break without being missed—but the exact length of time is up to you. It doesn't matter if you meditate for 30 seconds or 5 minutes: just choose a time that feels right.



## 2. GROUND YOURSELF

I have found meditation to be most effective when I either sit or lie down to replenish my energy, expand my vision or narrow my focus. It doesn't matter where one chooses to do this, as long as the location is comfortable enough for your five-minutes. As a LBKA, I often choose to sit. I suggest you either place yourself on the ground with limbs comfortably placed, perhaps on pillows, or sit on a chair with your feet firmly rooted, spine straight and head balanced on your spine.



### 3. CHECK YOUR POSTURE

Slouching isn't known for its revitalising properties, so take a moment to check your posture before you begin. If you're sitting, try to keep your back as straight as possible, without tensing up. Make sure your shoulders, neck and jaw are relaxed, and do a quick mental scan over the rest of your body to check for any pockets of tension.



## 4. DECIDE ON THE EYES



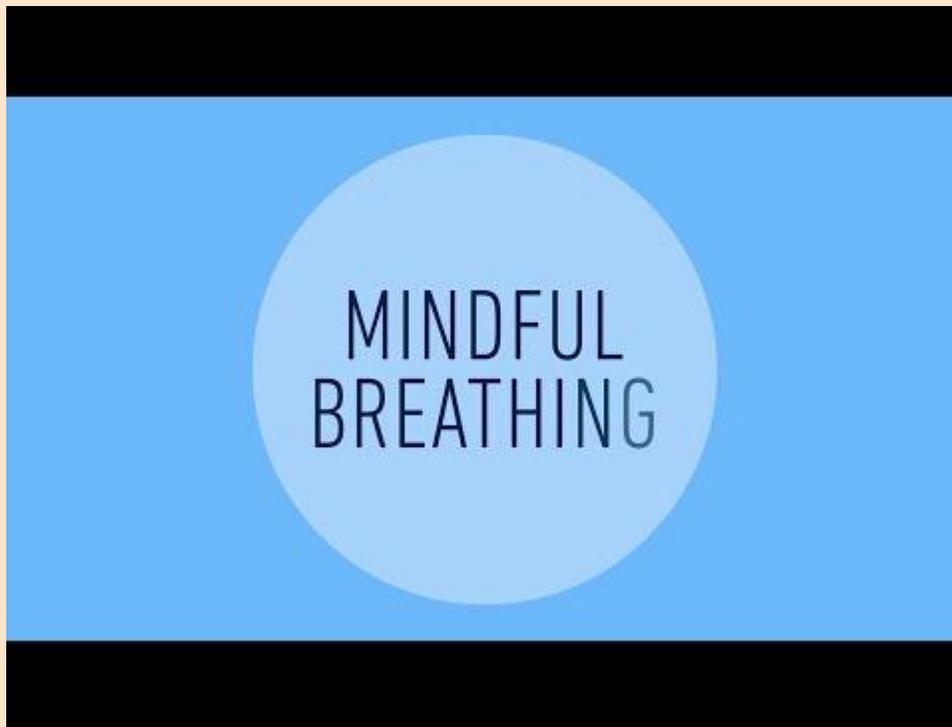
While meditating, you can keep your eyes closed or open. If you have a private space, you might prefer to close them; if you're sitting in the middle of a busy office, however, you might prefer to keep them open. When meditating with your eyes open, find one point about three feet in front of you and focus on that throughout the meditation (you can also stare at a single point on the base of your computer if this helps you meditate unnoticed at work). Whether you choose eyes closed or open, stick with that method throughout the meditation.



## 5. FOCUS ON THE BREATH

Start your timer and bring your focus on your breathing. Don't try to change your breathing or adopt any pattern that feels unnatural (you're going to be doing this for up to five minutes so your breath needs to be sustainable). Simply notice how your breathing feels right now: is it particularly shallow or uneven? Can you find a way to breathe deeply and regularly that feels natural?

Check out the video below for a special MINDFUL BREATHING Meditation.



# 6. NOTICE YOUR ATTENTION

Your biggest block to your five-minute meditation will be yourself—or, more specifically, your mind. Once you start focusing on your breath, your mind will sense a gap in your thoughts, and will try to plug it as quickly as possible with more thoughts. If you notice yourself getting caught up in a train of thought, simply bring your attention back to your breath. It doesn't matter how many times this happens (and it will get easier with practice); each time you notice yourself running away with thoughts and stories, simply return to the breath and focus on each inhale and exhale until your timer goes off.





# Congratulations!

You just meditated!

No complicated visualisations, no chanting, simply a chance to CONNECT with yourself. Set a time, find a place, check your posture, focus on your breath, and enjoy five well-deserved minutes to yourself.

I invite you take up my challenge, **21 Days to CONNECTED**; your paradigm will shift and you will be inspired to live the life YOU want.

# About the Author



Eric Quander, aka "Mr. Q" is a Certified Life Coach (Achology Ltd), committed to CONNECTING to, COMMUNING with and CHANGING old paradigms in exchange for new perspectives, stimulating the healing of self and community. Q is an artist, activist, and adventuring amputee (LBKA).

A published writer and Contributing-Editor with In Motion and Amplitudes Magazines, the nation's leading limb-loss related magazines, Mr. Q embodies the sincere belief that life's challenges present us with opportunities to grow into our best selves.