



17 WAYS TO USE MEDITATION FOR ANXIETY RELIEF RIGHT NOW!

In the 21st century, meditation is an increasingly common practice used to cope with life and managing personal growth. In fact, it has become very common to use meditation techniques for stress and anxiety relief—even for handling panic attacks.

The benefits of meditation for anxiety and stress include reducing physical discomfort, getting things done, promoting better sleep, and coping with difficult situations.

Every individual has different reasons for meditating, from relieving job stress and reducing anxiety of all kinds and relieving physical pain to improving relationships and attaining life's deepest desires. No matter what the stress or anxiety, meditation can provide immediate relief. Later, meditation can be used to get to the heart of anxious feelings and make deeper changes.

Free guided meditation video
Click here to get access to a free video of a Ram Dass guided meditation, helping you keep calm and composed during difficult situations.

How to Meditate to Relieve Anxiety

- 1 If you already know the nature of your anxiety and stress, simply find it (or something similar) in this list of meditation tips for anxiety and focus your meditation practice in the recommended areas.
- 2 If you are new to meditation, begin by reading this article by Ram Dass to learn about different meditation techniques, such as insight meditation with breathing, meditation on gurus, and mantra. You'll find techniques and ideas throughout the Ram Dass website and resources that can help you improve the effectiveness of your meditation for anxiety or any other reason, including using mala beads or meditation beads, meditating on a flame, and other ways to focus as you practice. It's easy to gain meditation skills you can use right away!
- 3 On the other hand, don't worry if your experience doesn't live up to your expectations of meditation. There are likely to be many good things going on that you can't see immediately. Later, you can search for guided meditations and other advanced techniques that deepen your relief from anxiety as well as deeper knowing of yourself as you continue to practice.

01 MEDITATE TO CALM CHAOS

"I've been living closer to the truth for a few months now. Over time, my daily meditations helped me regard what was happening in my present with curiosity and kindness, without the middle chatter and infant egotism that used to whip me into a frenzy."

The meditation/anxiety connection:
Chaos demands our attention. It's like a bratty child jealous of our peace. Chaos will do everything in its power to suck you in and keep your stress level high. With meditation, you can use the quietness of your mind to surround and soothe Chaos. Let it go easily somewhere else, while you apply your energy to reaching out into the universe for answers. Let the answers come to you as easily as you let Chaos go.

Meditation advice for calming chaos:

- 1 Chaos often causes physical stress, a common side effect of anxiety. As you meditate, breathe in to invite space into your mind, then breathe out to release tension.
- 2 Meditation techniques can be used to attain an attitude of acceptance. No matter what happens, you can give yourself permission to be graceful.
- 3 Use meditation to visualize yourself resolving above the conflict. Where you have a much wider perspective.

02 MEDITATE TO MANAGE ANGER

"By naming and recognizing the many facets of anger, we can be present with it as it arises, keeping the heart open, breathing, watching emotions come up and pass through. Meditation is the best way to do this, as it creates the best way to step back from the passions, breathe, and objectively see what is at the root of the feeling."

The meditation/anxiety connection:
Anger is a difficult form of anxiety. We often become consumed with the accompanying stress and anguish. Because meditation stems from quietness, it allows you to take yourself away from anger's usual stressful breeding ground where you can maintain the emotion honestly and safely, point by point for your day-to-day world. When you meditate for anxiety relief, your awareness is stronger than your anger.

Meditation advice for managing anger:

- 1 During meditation, first try not to think too logically about the reasons you're angry. Stop and figure out what's going on later. For now, just breathe and observe your anger.
- 2 Meditation relieves the intensity of anger and puts it in perspective, but meditation won't take away the causes of anger. Once meditation ends, you may need to take action to resolve the issues.
- 3 Think of meditation as a safe place to lie angry, where you can step away from the emotion and observe it to see what you can learn.

03 MEDITATE TO LET GO OF DRAMA

"Don't treat yourself so gingerly; you can sometimes get so stuffy that you can't take three breaths instead of two to do it, and then you can't do it. Be a little tougher and breathe through. People go around carrying everybody's stuff all of the time. I just pick it up and put it down. Pick it up and put it down."

The meditation/anxiety connection:
We have a hard habit of gathering up dramatic feelings and sensations, clutching them to us as if they were precious. We have a hard habit of gathering up emotional pain, taking a little courage, but meditation can help us see and nurture our internal strength, so we can separate ourselves from drama and achieve anxiety relief.

Meditation advice for letting go of drama:

- 1 Visualization during meditation is a useful tool to define drama, understand it, and let it go. Choose a tangible object to represent your worry. Imagine picking it up, then putting it down.
- 2 Before you can let it go, you may need to first understand why you so desperately want to cling onto it. If you can't understand it, let it go anyway.
- 3 Drama tends to be a bad habit, to break habits. You need to address the habitual patterns that created the habit in the first place.

04 MEDITATE TO SEE YOUR PATH

"In order to see the path, you have to be very quiet and stop thinking."

The meditation/anxiety connection:
In case you haven't heard it out by now, using meditation for anxiety and stress helps on finding quietness. If your anxiety is caused by not knowing which direction you should go, quietness can help you access the answers, rather than forcing them to come. This also requires that you allow yourself to accept the path that appears to you naturally, rather than forcing your way into a path out of fear and panic.

Meditation advice for seeing your path:

- 1 As you meditate, visualize a path through a forest, down a mountain, along the beach, into a city — wherever you wish to go. Allow your mind to lead you to the answers.
- 2 Quietness is hard to achieve for many people. Don't give up — you will do better with practice.
- 3 Simple, positive affirmations or thoughts as they come to you, then returning to the focus of your meditation, whether it's your breath, a flame, or a mantra.

05 MEDITATE TO IMPROVE HEALTH

"Through Mindfulness-Based Stress Reduction (MBSR), patients learn how to mobilize their inner resources for coping and healing — especially for dealing with chronic illness. Mindfulness practice helps people promote their own health by reducing the effects of stress in mind and body."

The meditation/anxiety connection:
We're learning more every day about the connection between the mind and body. Meditation harnesses the power of the mind to make healthy changes in the body. One of the best benefits of meditation is relaxation and comfort. This can be measured by traditional medical means, including blood pressure, heart rate, and a decrease in anxiety-related symptoms, such as headaches and muscle tension.

Meditation advice for improving health:

- 1 Focus on specific physical ailments to reach the greatest effect of meditation for health.
- 2 Visualize the parts of your body involved in your physical stress. Imagine muscles relaxing, organs working and joints working better.
- 3 Breathing, healing energy into tight areas of pain and discomfort.

06 MEDITATE TO FEEL THE NATURAL PACING OF LIFE

"Let it be something that naturally falls away, rather than something you rip away."

The meditation/anxiety connection:
Anxiety can be caused by forcing life to happen against the natural flow. The harder we push, the more difficult life seems and the higher our anxiety and the greater the tension in the body. One of the best benefits of meditation is relaxation and comfort. This can be measured by traditional medical means, including blood pressure, heart rate, and a decrease in anxiety-related symptoms, such as headaches and muscle tension.

Meditation advice for feeling the natural pacing of life:

- 1 Stop focusing on your effort to achieve something and instead simply create a vision of what you desire, then focus on that, as you meditate.
- 2 When you think of your goal, imagine thinking it and willing to see what happens, instead of worrying about what it must do to force it to happen.
- 3 Give yourself permission to let problems and anxieties fade. Fall asleep, relax, look at the moon, and feel indifference and spend your time mentally reinforcing the positive instead.

07 MEDITATE TO SEEK SIMPLICITY

"There is so much joy in doing with less as there is in doing with more. It's easier, and it's cheaper. It also means you have to spend less time being worried about your economic situation, because you are spending less."

The meditation/anxiety connection:
The less you have in life, the less you have to worry about. However, achieving a simple life can be easier said than done. Meditation helps increase the benefits of simplicity in life, and therefore makes it possible to not only desire simplicity but make it real. An immediate result of making a decision to focus on simplicity is anxiety relief, because you naturally have fewer problems you must address.

Meditation advice for seeking simplicity:

- 1 As you meditate, visualize life without the extras. What can you do without? Would you really miss those things, or would those be mere room for joy, as your possessions decrease?
- 2 Increase your meditation focus on intangibles, such as love, beauty and peace, instead of giving material and spiritual power to possessions.
- 3 Give yourself permission to trade the joy of having for the joy of not having.

08 MEDITATE TO SEE YOUR PATH

"The quiet appreciation of the total situation and its inherent possibilities steadily moves things toward resolution."

The meditation/anxiety connection:
Focusing too narrowly on stressful problems can bog down the mind and heart and keep us from moving forward. The harder we try, the more difficult life seems and the higher our anxiety and the greater the tension in the body. One of the best benefits of meditation is relaxation and comfort. This can be measured by traditional medical means, including blood pressure, heart rate, and a decrease in anxiety-related symptoms, such as headaches and muscle tension.

Meditation advice for seeking clarity:

- 1 Choose a mental picture that represents the complete situation you are facing. Do not stray; instead, focus only on the focus on the big picture, instead of getting lost in details.
- 2 Allow your subconscious to work on the situation without your participation; you will be amazed how much can be solved when you set your mind free to solve it.
- 3 At the end of your meditation, focus your mind more concretely on any solutions or ideas that rise up and write them down to think about later.

09 MEDITATE TO LET THOUGHTS GO BY EASILY

"Well if I can't stop thinking, maybe I can just let it go. Thoughts go by without getting all caught up in them. Fall the breeze on your face and you'll see how easy it's going by. You're not all hung up with it. You don't have to see where each breeze goes. Make your thoughts like these breezes, these little breezes, just going by."

The meditation/anxiety connection:
Anxiety comes as we wrestle with thoughts. The harder we wrestle, the higher the anxiety. Especially if thoughts are negative or fearful, it can be difficult to let them go. They carry a compelling presence. The trick is to choose something else as the focus of your attention and imagine your anxious thoughts are light and airy breezes, then let the breeze blow on by.

Meditation advice for letting thoughts go easily:

- 1 Imagine you are simply a passerby, noticing your anxious thoughts as a part of the landscape, then moving your attention to another object that makes you feel better.
- 2 If you get stuck on which thoughts are clearer, anxiety begins your meditation; then take a mental inventory of all the people, places and things in your life — notice when the feeling of anxiety arises and let it go on its way.
- 3 Some people add symbolic actions to meditation to help them forget thoughts and get on with life, by adding your favorite pieces of paper, then letting them let the breeze blow.

10 MEDITATE TO RELAX YOUR BODY

"Scientific studies of Trishon yoga masters demonstrate their meditative can, in fact, slow the heart rate, lower the blood pressure, reduce the breathing rate, diminish the body's oxygen consumption, reduce blood adrenaline levels, and change skin temperature."

The meditation/anxiety connection:
Anxiety and stress cause the body to tighten up, breath to quicken, and arteries to narrow. Nothing in our bodies works as well when we're feeling anxious. Then, when we are not feeling well physically, we just keep feeling more anxious. Meditation for anxiety breaks this vicious cycle by creating a state of mind in which the body naturally and easily lets go of all the tensions and anxieties blocking your ability to relax.

Meditation advice for relaxing your body:

- 1 Read about yoga and the ways it delivers us from contact with pain. One good resource is "Light on Yoga."
- 2 Meditation can be used to relax the body and promote healing after moderate to severe traumatic physical events. Meditation offers an effective part of recovery protocol.
- 3 If you have trouble relaxing muscles, try foot clenching (then relaxing) or hand clenching (then relaxing) in the tension as you breathe out.

11 MEDITATE TO STRENGTHEN YOUR FAITH

"I have the sense that as your faith gets stronger, you keep needing less and less, and when your faith is shaking, you keep wanting more security. But as your faith gets stronger, you just keep letting it go and letting it go."

The meditation/anxiety connection:
What do you need to have faith in? Yourself? A power greater than yourself? Your circumstances? A future path? As faith grows, it fills voids and blasts away depression. As you experience fulfillment, as Ram Dass did when he spent a day with his guru, Neem Karoli Baba, your anxiety will wear away. Meditation techniques strengthen faith by making time and space to connect and open your heart.

Meditation advice for strengthening faith:

- 1 Familiarity strengthens faith, and time breeds familiarity. To grow your faith, dedicate regular amounts of time meditating specifically to nurture your faith.
- 2 Don't push yourself to feel faith. Pushing too far creates more anxiety and stress. Doubts and questions are a part of the growth — carry your yourself to faith and let it grow.
- 3 If your mind is stronger faith relates to a specific person, source or situation, visualize your results by meditating on a mental or physical symbol that represents the object of your faith.

12 MEDITATE TO CULTIVATE MINDFULNESS

"The interesting thing about cultivating mindfulness is that you're not trying to get it. It's just something that's going on. It's not something you're doing. It's just something that's going on. It's not something you're doing. It's just something that's going on."

The meditation/anxiety connection:
Mindfulness means becoming aware of everything around you — the sights, sounds, smells and feel of where you are and people you're with. Make no judgments. Simply allow yourself to see, hear, smell and feel. Mindfulness meditation provides perspective and breaks the worry and anxiety that happens when your focus is clamped down on narrow thoughts with no connection to the rest of the world.

Meditation advice for cultivating mindfulness:

- 1 Mindfulness is one of the best ways to use meditation for stress and anxiety relief. Think of it as giving yourself permission to slow down, connect and take a break from worry.
- 2 If you find it difficult to sustain attention as you meditate, try visualizing yourself from above. Watch yourself meditating from an overhead perspective in the room.
- 3 Mindfulness inevitably expands your awareness of other people and enhances your relationships, which tends to reduce anxiety and stress.

13 MEDITATE TO RELEASE JUDGMENT

"When you get out into the woods and you look at trees — some of them are bent, and some of them are straight, and some of them are evergreens, and some of them are deciduous. And you look at the tree and you allow it to rise up, and you allow it to practice, turn into people in a tree. This means appreciating them just the way they are."

The meditation/anxiety connection:
It's hard not to judge. As humans, we almost can't help ourselves. We instinctively know it's not right to judge, so we end up judging ourselves. All of this judgment causes anxiety and unhappiness. You can use meditation to release the judgment and anxiety you feel, allow others to be who they are and let go of responsibility for them. Not having to judge is a big relief, and it frees us to focus on more peaceful things.

Meditation advice for releasing judgment:

- 1 As you meditate, briefly acknowledge every judgmental thought that comes into your mind, then simply release it and refocus on your meditation.
- 2 In your meditation, practice releasing without judgment. The more you practice, the easier it will become to release judgment with compassion.
- 3 Consider involving some yoga, tai chi or meditation. The trick is to choose something other than judging them, then offering your service as a devotion to achieve greater peace of mind.

14 MEDITATE TO ALLOW EMOTION

"Getting lost in your emotional reactivity just gets you a deeper karmic hole. So you cultivate a stance in yourself that just watches these things coming and going and arising and passing away. And you learn not to act out your emotions, but just to appreciate the new flow."

The meditation/anxiety connection:
Stress and anxiety are made of emotion. We feel this pain both physically and mentally. Sometimes we pull pain to us because it's familiar. Other times, we strain as we push stress and anxiety away from us, but the harder we push, the more they grow. The secret is to embrace these emotions and others, such as depression, by facing up to these feelings, then learning, then letting them go and leaving forward peacefully.

Meditation advice for allowing emotion:

- 1 Stress and anxiety often result in panic. If you are overwhelmed with panic, begin your meditation by deeply breathing through your nostrils without your tongue resting against.
- 2 Sometimes it's hard to figure out exactly what your emotions are, so better understand your emotions. First concentrate taking emotions as they are without giving it a name.
- 3 When a substance enters your body, take five breaths into the center of your chest (your gut) but don't act and allow the emotion to disappear like a wave when it hits the shore.

15 MEDITATE TO REMOVE DEFENSE MECHANISMS

"The nature of a defense mechanism is that most of it is underground and you're not even conscious of it. It's just sitting on you, from a deep fear. To me, it's a little bit like slumping sleep when you meditate and get really quiet, and then, in the quiet, you're not sleeping. You're just quiet enough, you sort of sink it off the top as it comes up."

The meditation/anxiety connection:
Everyone gets defensive. Our defense mechanisms sometimes keep us from being able to honestly face our fears and anxieties, which creates additional anxiety. Through meditation, we can more clearly see our defenses and sink them off, which immediately reduces our anxiety because we are then able to see our fears clearly, be more honest with ourselves, and realize we are moving toward improvement.

Meditation advice for removing defense mechanisms:

- 1 After reaching a state of quiet through techniques of meditation for anxiety, mentally state your intention to identify and remove your personal defense mechanisms.
- 2 Once you have identified your defense mechanisms, practice letting them go and then returning to an awareness of your breath.
- 3 The next step is to work on the fears your defenses were making.

16 MEDITATE TO HEAR THE SILENCE

"My universe involves using silence and not waiting for something to happen, because the silence is what's happening, because you and I come here seeking truth and the best I can understand it is that truth is not conceptual, that what you can think about isn't the ultimate truth."

The meditation/anxiety connection:
Anxiety and stress can be caused by a feeling that you should understand the truth about things in your life, along with the conflicting belief that you are not capable enough to really know the truth. Use the quietness of meditation to open yourself to a truth that doesn't need to be put into words. You can reduce your anxiety right now by being okay with whatever part of truth you see in this moment of silence.

Meditation advice for hearing the silence:

- 1 Instead of trying to hear the silence, listen to the sounds of the world around you. You can't hear the silence until you've heard the noise. You can't hear the silence until you've heard the noise. You can't hear the silence until you've heard the noise.
- 2 Rather than looking for answers, allow yourself to observe the ideas that come to you during your meditation for anxiety and wonder about them.
- 3 To further reduce your anxiety and stress, consciously go off an expectation you have of yourself to understand the truth and explain it to others.

17 MEDITATE TO ACHIEVE A HIGHER STATE OF CONSCIOUSNESS

"Meditation practice isn't about trying to reach some goal or about trying to become something. It's about befriending who we are already."

The meditation/anxiety connection:
Anxiety and stress are being. After a while, we just want anxiety — life in general — to loosen its grip and let us free. Meditation for anxiety has a lot to do with this. Through meditation, we can more clearly see our defenses and sink them off, which immediately reduces our anxiety because we are then able to see our fears clearly, be more honest with ourselves, and realize we are moving toward improvement.

Meditation advice for achieving higher states of consciousness:

- 1 If you are interested in achieving higher states of consciousness, such as insight into your own true nature, you may want to seek a teacher who can help train you in deeper meditative practices.
- 2 Don't try to do too much at once. Trying too hard will only cause more anxiety. Remember, the secret to achieving higher states of consciousness is to let things happen.
- 3 To deepen your ability to use meditation for anxiety relief, continue reading and learning. Practice meditation regularly and open yourself to possibilities!

How to Use These Meditation for Anxiety Tips
There is no right or wrong way to practice anxiety meditation. To get the most from these meditation for anxiety tips, practice one or two of your favorite meditation techniques. Then meditate through the list of tips. Note the ones that speak to you the most that seem to connect with the anxiety and stress you are feeling.

Next, choose one tip to focus on. Read the quote, summary and meditation advice. Then, focus on the tip for a week. You will feel immediate relief from anxiety, even if you simply feel better because you are taking action.

Finally, follow the same process for each tip that connects with your anxiety and stress. It won't take much time to find a specific meditation for anxiety relief, and you'll have a guided meditation for anxiety relief and focus on the same focus.

You will no doubt have further work to do to achieve full anxiety relief, but meditation for anxiety can provide a great beginning!

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