Many people spend a huge amount of time behind the wheel. Stand some hours in traffic, to yell at careless pedestrians, accidentally getting a fine for the driver of the metropolis — the usual thing, which leads to serious stress, in the best case. From here a logical question arises: how to spend this time with maximum benefit and stay sane and safe?

If you are interested in the development of concentration, tranquility and inner strength, then your car may suddenly replace your yoga Mat! Try before you jump behind the wheel and to rush quickly on business, sit down and trace your body sensations and consciousness: sit comfortably in a chair, relax your muscles, take a few deep breaths to calm my nerves and be in the moment. This work is for a few minutes, but it depends on the outcome of your trip.

On the road it's important to be both attentive and relaxed, but to achieve this not so simple. In the West, for example, drivers began to produce a kind of audio meditation type of ”Conscious driving”, which with the help of unobtrusive melodies and a nice voice instructor to help tune in to relaxation and awareness. So, if you are familiar with the English language, you can try.
If not, no problem, there are other methods available. First of all, instead of radio, turn on calm, beautiful music. Focus on feelings: your breath, heartbeat â€” look for the silence within. Of course you will periodically be given to dreams, to remember that you need to buy, or scroll through the events of the day. Therefore, select a predefined identification mark: let it be traffic lights or speed bumps, which will serve you a reminder that you need to go back to concentration.

During the trip also scan your body and track are overly tense. It can be hands, clutching the steering wheel, tight jaw, or hunched back. Relax them and don't forget to give them extra attention during your yoga practice. Scan the thoughts that arise in unpleasant driving moments, and work on reaction and try how to observe the negativity and not respond to it, not reflective.

Breathe deeply and evenly, count how long your inhale and exhale, try to extend them. Observe the surroundings, slow down, tune in search of something beautiful. Do not have to seek out whatever was the beauty of this world, but be ready to see it.

Single time â€” conflict situations on the roads. Be the one who will break the vicious circle of the road of aggression: do not respond to insults and sharp attacks, be tolerant to people and their weaknesses, smile, give way. You may be amazed to see that in response to drivers, pedestrians and the traffic police will also begin to smile back at you!

Over time you will notice that to drive a car again was a pleasure, and your skills of calm and concentration will go beyond the car and transported to the rest of your life, making it happy and harmonious.  

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