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Meditation of the genius of Steve jobs

An article in the renowned Financial Times quite specifically describes the meditation technique of a genius. It was written by the official biographer of Steve, Walter Isaacson. To master this way of meditation everyone can, it only takes two steps.

"Watch constantly restless your mind is. Attempts to organize the chaos of thoughts leading nowhere. Only quiet observation will make your mind flow in the right direction and not fall down a waterfall of emotions" Â© Steve jobs.

Awareness - that's what occupied your mind jobs during meditation. Many years of practice has made his mind clear and sharp, and most importantly - manageable. So he remained first among equals, just cutting out the unnecessary thoughts and driving away the fog that envelops the mind of each person.

Recent neuroscientific studies have shown that meditative techniques (which, incidentally, practiced in the East for several thousand years) is really able to exert a beneficial effect on the

mind and body.

Steve Jobs was the first person in the Western corporate culture, in his example, demonstrated the efficacy of such practices. After the incredible success of almost every Steve invented the product, nobody could just dismiss the advantages that meditation gives. Major corporations such as Target, Google, General Mills and Ford, have begun to impose for their employees mandatory courses Eastern practices.

Here is the technique, which was used by Steve Jobs in a lifetime: like all brilliant, it's very simple.

STEP 1

Sit cross-legged in a quiet place, preferably on a low pillow to reduce stress on the back. Take a deep breath.

Close your eyes and listen to your internal monologue. Thoughts spinning in your head all the time: at work, at home, in front of the TV. Do not try to stop them. This movement is the so-called "monkey mind." Just watch in a detached way, as he jumps from one thought to another. This observation is necessary to devote a week. Five to ten minutes a day would be sufficient.

STEP 2

At the beginning of the second week the technique is slightly different. Focus on that part of your mind that observed the slow and detached. This part is responsible for the perception of things of the present moment. Most of us are aware of this only when experiencing is really something striking, something that stops them forever jumping "monkey mind". Once you do realize the second part of your consciousness, try to control it and direct it. Try to slow down your "monkey mind". Reassure him.

"Your intuition becomes extremely strong. Things become sharper, the moment is perceived in full, without the experience of the past and future prisms. The mind receives new resources for the development of the only existing space - now." © Steve Jobs.

You'll understand when you start to receive. To focus on the reality will be much easier. During practice you will notice little things like respiration, blood flow. The air on your skin. Opening his eyes, you will see a few changed the world. He will be deprived of the usual evaluative perception. The world just is. You simply exist.

This practice can really take a long time. But it is really worth it. Leave the stress. All the first-fruit of the new trouble will not be able to turn into a snowball, gripping your head. They will be where you will be able to control them completely. Disappear trouble sleeping. Two or three minutes will be enough to transfer consciousness into holiday mode. Wake up, respectively, will also become much easier.

Using this technique, Steve Jobs built one of the most successful corporate empires of our century. Will it help you to cope with their own life? Do not even hesitate.

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