

A person is shown in silhouette, sitting in a meditative pose on a large rock. The background is a soft, green landscape with a bright light source, possibly the sun, creating a lens flare effect. The overall color palette is various shades of green and teal.

5 Ninja Meditation Hacks For Women Empaths Who've Lived With A Narcissist

It's not easy living with a Narcissist. If they're nasty, you're their favorite target. If they're super smart, they ignore you because you're not very interesting.

It's normal to get hijacked by a snarky text or a cleverly crafted ad on facebook. So what does this have to do with meditation? Most specifically, what can you do to make meditation work for you? Even if you're an empath who experienced a Narcissist.

When you've been gaslighted or left to schedule every doctor's appointment, vacation or grocery list, it doesn't feel like meditation is the right thing to do.

You either run out of time or energy or you can't get away from your body freaking out saying, "I'm not good enough".

If you want all the brain benefits, immune system benefits, mental clarity, rational thinking, inner peace... that you can get when you meditate, you have to actually meditate. You have to slow down and quiet your mind.

Here are 5 Ninja Hacks I've found from over 15 years of teaching meditation to women who've been traumatized by or hurt by Narcissists...

1. Surround yourself with beauty

Beauty can be keeping a quarter in your pocket stamped the year your first grandchild was born. Or going outside in bare feet to listen to the mourning doves.

The smell of lilacs, sitting under an old pine tree.

Van Gogh, Piano Man, a chick flick...

The Lord's Prayer, Om Mani Padme Hum....

Beauty is what makes you happy.

It's very hard to meditate if your body is yelling at you to run away, punch somebody in the gut or go back to sleep.

Picture yourself climbing the Sacred Mountain, without a sherpa, weighted down with your mother, your grandmother and your great-grandmother strapped on your back, wearing too tight shoes, socks that give you blisters and no snack packs. Dragging a sled of bad memories like they're birthday presents.

Until you stop feeling down and sorry for yourself, it's nearly impossible to meditate and make it work for you.

No one's saying your life isn't hard, or wasn't painful. We're saying your emotional reactions get in the way of making a better life for yourself by healing your gut, going for a promotion or losing 30 lbs.

Live as the Navajo do, walking in a Beauty Way.

2. Use everyday smells like vanilla or cinnamon or unusual sounds like drums to quiet down your monkey mind.

If you're tired of thinking about the same 5 things over and over. How long will this last? What's the problem? Are they going to blame me? What will they think? What do I have to do next?

Whatever your personal obsessive thinking is, you need to break out of them. If you use things that make you feel good, like the smell of rose water, the sound of singing bowls or feeling of silk...

Your body calms itself down so you can meditate.

When I'm angry but I still want to meditate, I think about eating a cherry popsicle on a hot day.

Listening to your prom song, or visualizing your daughter's first tooth...

keeps you from obsessing about your "to do" list or what makes you mad...

Positive feelings calm you down like a spa for your emotions.

It's easier to meditate if you think of a ripe mango instead of obsessing about an angry man. Just sayin'.

3. Focus on 3-5 unique "safe" thoughts

If you want your inner critic to stop calling you a loser, you need to keep repeating a handful of "safe" thoughts.

Safe thoughts are thoughts that keep you out of "Fight and Flight". They keep you from getting so angry you act like a jerk. They stop your brain from pumping out the cortisol that makes you overweight and depressed. It's not the chocolate cake. It's what you're thinking when you eat the chocolate cake.

If you appreciate and enjoy your simple pleasures, your body stays relaxed. If you judge yourself as a weak minded hypocrite, your body gets stressed out.

Every time you think, "let go and let God" or "Om Mani Padme Hum" instead of "I'm a worthless piece of #\$\$@" you're less likely to yell at your kids and more likely to give your brain a boost because you're meditating on a positive mantra.

4. **Stroke your arms gently if you're too jumpy to sit down or slow down.**

Stroking your arm, your leg, your cat, your dog, your spouse, soft carpeting...

you get the picture...

immediately slows down your heart-rate so you can meditate. Even if you're in a crowded room, even in the middle of a Facebook war.

Touch is why I got into emotional healing in the first place. It's the most reliable way to stay calm and doesn't require anything but your own loving attention to your anxious, obsessive, tired, depressed self.

5. **Meditate any way you want**

Another word for meditation is "flow". Think of a time you felt calm, like you were surfing a wave of life.

Easy. Natural. As if the wave is surfing you.

Is it when you're deep into a project? Getting a massage? Planting tomatoes? Cleaning the house?

If you're happy, your body is working the way it's supposed to and it's a form of moving meditation.

It's all good.

Think of meditating when you quietly mow the grass or put together a stew.

When you live more in that state of flow, the brain fog automatically clears and your sixth sense gets stronger. Meditation is any action that calms your mind and clears out your frustrations.

Meditating makes you smarter, so meditate in whatever way fits your life and makes you giggle.