

I'M THANKFUL FOR TODAY

We Should All Be Meditating

Suze Yalof Schwartz explains—and gives you a how-to you can try today.



Yalof Schwartz in her L.A. studio

Back in 2010 Suze Yalof Schwartz was the go-getting fashion editor-at-large here at Glamour, where she basically shopped for a living (“the dream job,” she says). Now she is the founder and owner of Unplug, a meditation studio in Los Angeles. How’d that happen? When she and her family moved to L.A. seven years ago, she soon became a meditation superfan: “I was stressed, and my mother-in-law said, ‘Close your eyes and count your breaths.’ I opened my eyes and I thought, I feel totally calm. And she said, ‘You should learn to meditate.’” But when Yalof Schwartz tried, all she could find were long, intense courses. “I thought, Where is the Drybar of meditation?” she says. “And then: I should open one!” In her new book, *Unplug: A Simple Guide to Meditation for Busy Skeptics and Modern Soul Seekers*, she details how she found her Zen.

Anyone Can Do It

And I mean anyone—even if you think meditation is boring; even if you think you’ll be “bad” at it; even if you’re convinced you could never sit still. There’s no law that says you have to sit there frozen. If you have to shift, adjust, sneeze, or scratch an itch while you’re meditating, do it. If you’re worried it will be boring, I’ll level with you: When you start, it might feel boring. You’re just sitting there. But soon you’ll experience longer and longer blissful gaps between thoughts. That’s the sweet spot you’re shooting for.

Also, it’s not about being “the best” at meditating. There is no winning in meditation. You’re not practicing to achieve anything; the process is the practice. It’s kind of like a biceps curl. You keep doing the same thing, and you build strength. Then, when you’re out in your everyday life, that mental muscle is ready to work

for you. And amazing things can come: better sleep, a stronger immune system, less stress, and increased productivity.

It Does Not Have to Be Long

“I’d love to meditate, but I don’t have the time.” I can’t tell you how often I’ve heard that. And you know what? You won’t find the time. You have to *make* the time. But even 10 minutes can make a difference. You can do it while you’re getting your coffee! (See below.)

It Helps You Get Sh*t Done

Studies have shown that regular meditation makes us more functional and productive. I’ve definitely found this to be true. I used to wake up, jump out of bed, and slam into my to-do list. I would react to everything that came my way, then collapse into bed, only to do it all over again.

These days I meditate before I get out of bed—I lie there and do my 15 minutes. Afterward, I pause and map out: What do I want to achieve today? I’m in charge of my time, not at the mercy of everything that comes up minute to minute. I get more done because I don’t get sucked into worry spirals or lose hours doing things that don’t serve my goals. I used to live in panic mode. Now I’m in productive mode. **G**

Adapted from *Unplug* by Suze Yalof Schwartz with Debra Goldstein.

Suze’s Starbucks Meditation

Try this the next time you’re in the coffee line: As you’re waiting to order, focus on your feet. Put all your attention on how they connect to the ground. Slowly take a step with your right foot. Land with your heel, then roll onto the ball of your foot. Slowly take a step with your left foot

the same way. Notice how your weight shifts and your body and knees propel you forward. When you order, look into the eyes of your barista and smile. She’s going to smile back—that’s a connection! Then, after you pay, walk mindfully to the waiting area. While you wait,

stand and connect with your breath. Don’t reach for your phone! Bring yourself back to the present, letting other thoughts go. When your drink is ready, pause and really feel the heat or chill of it in your hands. Breathe in the scent. Sip it, savoring the taste. That’s it! You meditated!

