



The Modern-Day Meditation Manual

A Beginners' Guide To Find Calm, Peace, And Balance In A Tumultuous World

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Introduction



How busy are you? If you took the time to answer, you probably got even further behind on your to-do list than you already were. That's the case with a lot of people these days.

It seems you have to bolt out of your bed in the morning and be up and running at a sprinter's pace immediately. You have so much going on. There are so many distractions. You don't know the last time you had a moment to yourself where you could calm your racing mind and enjoy some peace and quiet.

That common situation is a very small slice of human history. Put quite simply, people didn't become this busy, unfocused, distracted, and stressed until the end of the twentieth century.

Consider this.

Home computers hit the marketplace in 1977. They became common in the 1980s. Now desktop computers and laptops are virtually everywhere. This is true around the world.

In the first quarter of the twenty-first century, about 80% of homes in developed countries boasted at least one computer. Simultaneously, developing countries saw about one in every three homes with a computer. Those numbers come to us from Statista.com.

How many smartphones are there in the world? The Bank My Cell website is dedicated to anything involving mobile phones. They report that in 2021 an incredible 7.10 billion people across the globe (90% of the world's population) own at least one mobile phone. More than 6 billion of those folks own a smartphone.

Depending on where you get your information, it is believed that the average person is exposed to 10,000 advertisements and marketing messages every single day.

It's not uncommon for the typical home to have as many as half a dozen electronic monitors and displays, if not more. We are constantly distracted by TV screens just about everywhere outside of the home as well. Hop in your car, and you will encounter video billboards. There are monitors and displays built into many vehicles as stock accessories.

Cable television in homes was rare as recently as the 1970s. Now multiple televisions in homes, schools, and retail businesses have access to cable and satellite TV providers that offer well over 100 channels.

All that electronic, audio and visual noise can make it very difficult to experience peace and quiet in our modern-day world.

If that's not enough to make it impossible for you to calm your mind, think about your commitments at work. You have responsibilities on the job and in your home with your family and friends.