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## GUIDED MEDITATION: PROGRESS NOT PERFECTION

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# GUIDED MEDITATION: PROGRESS NOT PERFECTION

By Sarah Sonntag



For 15 years, meditation and yoga instructor Arrah Karigan has helped individuals reconnect with themselves—blending spirituality with the science that supports lasting change. Through her company, Higher State Consulting, Arrah is taking meditation out of the yoga studio and bringing it into the real world.

Her mission is simple but powerful: help people manage stress and create healthier habits in their everyday lives. Human Resource departments across industries hire Arrah for weekly sessions, while she also works privately with individuals seeking personal guidance. Her approach is rooted in the belief that while anyone can learn tools at home, applying them consistently is another challenge altogether. “The human condition is resistant to change,” she notes, “but we can’t give in to the resistance.”

The science behind her methods is clear. Thanks to neuroplasticity, the brain can form new neural pathways—but it takes time. Typically, it requires 40 days, or six weeks, to truly break old habits and establish new ones. This knowledge shapes how Arrah structures her programs, focusing on small, sustainable changes that produce lasting results. Arrah believes, “A Regulated nervous system is the new generational wealth. Calm and relaxed parents teach the next generation to also be calm and relaxed. All of the anxiety, people pleasing and rushing is the old programming. No more. Parents need to learn how to self-regulate and then co regulate their kids”.

One of the most effective tools she uses is movement. The body naturally relieves stress through activity, and simple yoga techniques—like stretches or mindful postures—can calm the mind even while sitting at a desk. By practicing these strategies during everyday situations, such as long hours in an office chair, participants learn to integrate wellness seamlessly into their workday.

Understanding the nervous system is key to her approach. The sympathetic nervous system keeps the body alert, primed for action in a fight-or-flight state. Meanwhile, the parasympathetic nervous system promotes relaxation, rest, and energy conservation. Modern life often over-stimulates the former while neglecting the latter.

Arrah’s movement-and-meditation program helps participants shift from “fight or flight” to “rest and digest.” Something as simple as a deep inhale followed by a heavy exhale

signals to the nervous system that the body is safe, encouraging both mind and body to calm down.

By merging breath, movement, and mindfulness, Arrah Karigan helps people create moments of peace in the midst of busy, modern life—proving that transformation is possible, one breath and one practice at a time.

Here is a sample of what one of her sessions might look like for you:

Today, Arrah will walk us through a calming blend of meditation and mindful movement to support a less reactive way of living in our daily lives.

Before we begin, take a moment to objectively notice the current state of your mind. What feelings are present? Acknowledge them without judgment. Simply observe.

Stand up and gently shake your body all around, allowing any pent-up energy to release. Let your arms, legs, and shoulders loosen. When you're ready, sit back down.

Remember: we are all a work in progress. There is no perfect way to feel, no perfect way to meditate, no perfect way to be. Let go of the pressure to have it all together. Let go of the need to be in control. Let go of the idea that you must arrive in some ideal mental state before you can begin.

Roll your head slowly from one side to the other, easing tension in your neck. Now gently roll it back the opposite way. Imagine clearing a bottleneck in the flow of your energy—loosening tightness, freeing movement, creating space.

What you are seeking is also seeking you.

In this moment, there is nowhere else to be.

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There are no problems to solve.

There is nothing to achieve.

Comparison is the thief of joy—comparison to others, comparison to your own ideals. Give your mind permission to simply be. Progress is often just 1% better, nothing more.

If at any point your mind drifts into “what ifs,” or jumps ahead to the rest of your day—just gently return to this moment. No judgment. Just come back.

You have everything you need right now.

Sit on the edge of your chair and place your hands on your shoulders. Slowly twist your upper body from side to side, allowing your spine and muscles to stretch. Let this movement calm both your body and your brain. Then sit back and allow yourself to fully relax.

Notice your human condition without judgment. Are you impatient? Annoyed? Anxious? Overwhelmed? Stressed? Whatever arises is okay. You are allowed to feel exactly what you feel.

We are all like waves in the same ocean—unique, but connected to the same vast, steady source.

Sit back up on the edge of your seat. Bring your shoulders up toward your ears and take a deep inhale. Hold it. Then exhale powerfully, letting your shoulders drop as if you're letting go of a heavy bag of groceries. Repeat this for about a minute—lifting, holding, dropping, releasing.

Like attracts like. Be the kind of friend you wish to have. Extend that same kindness inward, too.

Act it and believe it, until you become it.

Now that we are coming to a close, return once more to the question we asked at the beginning:

What is the current state of your mind?

Notice how it has shifted, even if only slightly.

Finish with a gentle body check-in. Are you clenching your jaw? Are your shoulders creeping upward again? Are your fists tightening? Soften each area with patience and compassion.

You are a work in progress—and that is enough.

Looking ahead, Arrah Karigan is expanding her reach with the upcoming launch of Higher State Meditation, a nationwide, web-based platform set to go live within the next 60 days. The platform will connect users with meditation teachers in their area and offer a library of guided meditation videos for practice anytime, anywhere.

Whether you're interested in bringing Arrah's expertise to your workplace or seeking a private session to deepen your personal practice, getting started is easy. Reach out via email at [arrah@higherstateconsulting.com](mailto:arrah@higherstateconsulting.com) or follow her on social media at Higher State Meditations to stay connected and take the first step toward a calmer, more focused life.

