

# Meditation Basics

THE "HOW TO" GUIDE FOR  
INCREASED SENSE OF CALM AND PEACE



# Part 1



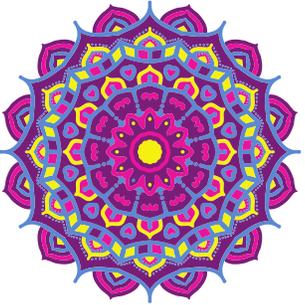
## HOW TO MEDITATE

Meditation is about training your awareness and getting a healthy sense of perspective. With practice, you will establish a sense of peace regardless of what is happening around you.



# Part 1

Most common complaint about starting a practice..  
*“I can’t get my mind to stop thinking”* .



*It is ok to have a busy mind and for thoughts to pour through while meditating.. it’s involuntary (just as your heart beats, your mind produces thoughts). Thoughts are not the enemy.*

## HOW TO MEDITATE

*Simply:*

1. Get comfortable and prepare to sit still. Relax your body.
2. Focus on your breath. Become aware of the process of breathing. Try to keep your attention on your inhale and exhale (letting go of thoughts).
3. Follow your breath, Take a slow deep inhale and then a slow natural exhale.



# Part 1

## How to Meditate

### REMEMBER THESE KEY POINTS



*Relax Into Meditation* - Relaxing your body is essential.



*Meditation Is Not the Time to Solve Problems* - It is about unifying with the perfect power within you.



*You Cannot Stop Thinking* - When you become aware of thoughts - patiently refocus on breath and let the thoughts dissolve.



*Meditation is a Not Mystical* - It is coming into your natural state



*Intensify Focus if Needed* - Use a mantra ("I AM..." or "I Feel...") or a sound (OM - pronounced AUM) to bring your focus back inward.



*Your Meditation Will Become Richer As You Go* - The more you meditate - the more you let your inner experience unfold.



*Meditation is Highly Personal* - Each of us finds our own way. There is no "right" or "wrong" way to meditate.



*Meditation is Perceiving* - Listen and perceive the inner spirit.



## Part 2



# WHEN AND HOW LONG TO MEDITATE

Meditation is enhanced when your mind is free and clear. We will explore benefits of morning vs evening reflection and how considering the length of time can improve your overall experience.



## Part 2

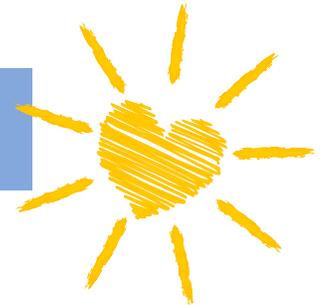
The more masterful you become at meditating, the more that you will realize that **everything** you think, feel, and do IS a meditation. Meditation penetrates all aspects of your life.



*Being completely present allows you to be aware, intentional, and focused. This is the true art and essence of embodying both the spiritual side and physical side of things. It is where balance exists.*



## WHEN AND HOW LONG TO MEDITATE



### *Meditation:::*

There is no specific time of the day that is best for meditation. Pick the time that works best for you. Length of time will vary as your practice intensifies. Start with 1-2 minutes and then work up to the timeframe that fits your needs.



## Part 2

### When to Meditate

#### REMEMBER THESE KEY POINTS



**Morning** - Sets the tone for your entire day and will help you to be focused, content, and optimistic. Meditation can be enhanced because your mind is free and clear before the stressors of the day have crept in.



**Evening**- If you have trouble sleeping or falling asleep, then meditating at night can be beneficial as it allows you to silence your mind and leave behind worries. It can also empower you to contemplate your day in order to make more mindful, conscious choices about how you want to spend your time and energy.



**During a Break** - Take advantage of small blocks of time throughout the day to breathe and refocus. This might be while driving and at a stop sign, during a bathroom break, or when you find your mind swirling and feel a need to rebalance.



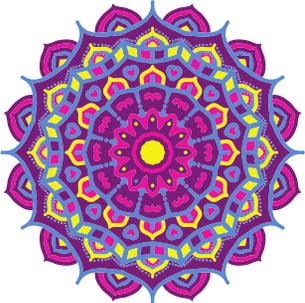
**Present Moment** - Being in a state where you are no longer worrying about what happened in the past and not fearing what will happen in the future. Just going with the flow of life effortlessly.



## Part 2

# How Long Should I Meditate to Get Results?

## REMEMBER THESE KEY POINTS



The amount of time isn't as important as being consistent and making it a part of your routine. *It's best to approach meditation much like anything else in life: start small, build up slowly and find your own personal sweet spot. For some people, this sweet spot is 10 minutes and for others, it's 60 minutes.*

To begin - set aside an allotted amount of time. *To do that, ask yourself what that might look like in your schedule. You could even "pencil" it into your day(s). Find a time that seems achievable.*

*For Beginners:*

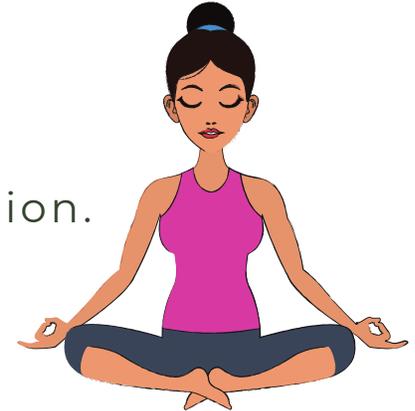


1-2 minutes. Focus primarily on breathing and relaxation.

*For Intermediate - Advanced:*



Everything is about balance. Make it about time well spent. Find the ideal amount of time. If 15 minutes is challenging, drop back to 10 minutes. If 30 minutes feels that it isn't helpful, then boost it up to 40-60 minutes.



## Part 3



# BODY POSITIONS TO HOLD WHILE MEDITATING

Finding comfort is important. There is no one-size-fits-all approach to positioning yourself while meditating. Optimal stances provide a balance of focus and relaxation. Here we will examine techniques that have been found to establish the strongest alignment and connection.



# Part 3

Position can help with focus and moving the body's energy where you want it to go.



*\*Sitting with good posture - increases your ability to breath more freely and deeply -helping with focus. You may add a pillow under the tailbone area to prop self slightly forward.*

*\*Lying - creates relaxation and increases focus.*

*\*Yoga - positions help to increase balance, strength, flexibility, and focus.*

## BODY POSITIONS

### Mudras

Mudra means joy. Hand positions used to channel energy into the mind-body that would otherwise escape through the fingertips



*Palms touching,  
centered over  
the heart*

**Anjali (Namaste) Mudra**  
"Prayer Position"

Celebration of the moment.  
Used in the opening/closing of yoga



*Thumb and second  
fingers touch*

**Chin Mudra**  
"Om Mudra"

Palm faces upward.  
The union of the individual soul  
with the supreme soul



*Thumb and first  
fingers overlap*

**Jnana Mudra**  
"Mudra of Knowledge"

Palm faces downward.  
Invokes wisdom, knowledge,  
and clear communication





## DIFFERENT FORMS OF MEDITATION

There are probably hundreds of types of meditation including visualization, mindfulness, mantra meditation, movement meditations like yoga or chi gong, prayer, and many, many others. Finding one that makes most sense for you, will help you in creating a consistent and stable practice.



## Part 4

# Some Simple Forms of Meditation

## FINDING WHAT WORKS FOR YOU



**Healing** –People struggling with chronic pain or other medical conditions can use a healing meditation to feel better. Some report dramatic results from healing meditation, while others simply appreciate the reduction in stress that comes from sitting quietly and focusing the mind.



**Mindfulness**- Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind, and help reduce stress.



**Silent Meditation**- The basic idea is simple. Every time your mind begins to shift away from your breath (or whatever you are focused on) and you get lost in thought, you simply — and gently — bring your attention back. And then you repeat this again and again until your meditation timer rings, or you feel that the practice is complete.



**Gratitude** -Gratitude meditation is a type of meditation that focuses on expressing gratitude for the things in your life.



## Part 5



# ACCESSORY ITEMS TO USE WITH MEDITATION

Meditation accessories provide a heightened meditation experience and help in creating a relaxing experience for the meditator. Let's talk about those that have the most benefit!



# Part 5

*Everything has energy. By placing something close or into your environment - your body starts resonating at that frequency wavelength. Doing so - you can literally, and in the moment, change your body's patterns (emotional, mental, physical state).*

## ACCESSORY ITEMS



Aromatherapy / Oils



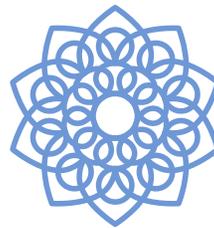
Candles / Smells



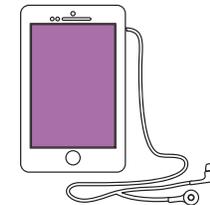
Stones /Minerals



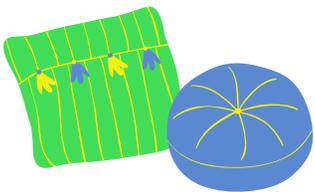
Music / Sounds (OM)



Mandalas / Prayer Beads



Meditation Apps



Mat / Pillows-  
for Comfort



Journal / Notebook)-  
for Awareness



Color Therapy -  
Intro of color



"The thing about meditation is that you become more and more you." ~ David Lynch

## SHORT MEDITATION



### Balloon Meditation

1. Close your eyes and relax.
2. Focus on your breathing.
3. Envision that you are holding a group of balloons. Each balloon represents a thought, feeling, or emotion in your body.
4. As you breathe in, focus in on one balloon and as you exhale allow that balloon to let go.
5. Continue doing this exercise until all the balloons have been released.



# Resources



Ambuja Yoga (2021). Chin vs. Jnana Mudra. Accessed 4/8/21:  
<https://ambujayoga.com/blog/chin-vs-jnana-mudra/>

E. Fletcher (2021). The M Word. Accessed 4/8/21 - Mindvalley Program.

Jack and Cornelia Addington (1979). The Joy of Meditation. DeVorss & Co. Publishers.

