

# *Meditation*

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# What is it?

Meditation is exploring. It's not a fixed destination. Your head doesn't become vacuumed free of thought, utterly undistracted

*It's a special place where  
each and every moment is  
momentous.*



When we meditate we venture into the workings of our minds: our sensations (air blowing on our skin or a harsh smell wafting into the room), our emotions (love this, hate that, crave this, loathe that) and thoughts (wouldn't it be weird to see an elephant playing a trumpet).



# A different way of thinking...

Mindfulness meditation asks us to suspend judgment and unleash our natural curiosity about the workings of the mind, approaching our experience with warmth and kindness, to ourselves and others.

## TIP:

Mindfulness is available to us in every moment, whether through meditations and body scans, or mindful moment practices like taking time to pause and breathe when the phone rings instead of rushing to answer it.



# How do we meditate?

9 STEPS...

## SIT/LAY COMFORTABLY

Find a spot that allows you to be stable  
solid and comfortable.

NO DIFFERENCE TO  
WHICH YOU CHOOSE

1



# NOTICE WHAT YOUR LEGS ARE DOING.

If on a cushion, cross your legs  
comfortably in front of you. If on a chair,  
rest the bottoms of your feet on the floor.

IF YOU ARE LAYING DOWN  
MAKE SURE LEGS ARE  
COMPLETELY RELAXED

# 2

# STRAIGHTEN YOUR UPPER BODY

but don't stiffen. Your spine has natural  
curvature. Let it be there.

IF YOU ARE LAYING DOWN  
SURE YOU ARE LAY FLAT

3

# NOTICE WHAT YOUR ARMS ARE DOING

Situate your upper arms parallel to your upper body. Rest the palms of your hands on your legs wherever it feels most natural.

IF YOU ARE LAYING DOWN  
ARMS BESIDE YOUR TORSO  
HANDS POSITIONED PALMS  
DOWN

4

# SOFTEN YOUR GAZE

Drop your chin a little and let your gaze fall gently downward. It's not necessary to close your eyes. You can simply let what appears before your eyes be there without focusing on it.

IF YOU FIND IT MORE  
COMFORTABLE TO CLOSE  
YOUR EYES THEN DO SO.

5



# FEEL YOUR BREATH.

Bring your attention to the physical sensation of breathing: the air moving through your nose or mouth, the rising and falling of your belly, or your chest.

TRY BREATH THROUGH  
YOUR NOSE AND OUT  
THROUGH YOUR MOUTH

6

# NOTICE WHEN YOUR MIND WANDERS FROM YOUR BREATH.

Inevitably, your attention will leave the breath and wander to other places. Don't worry. There's no need to block or eliminate thinking.

WHEN YOU NOTICE YOUR  
MIND WANDERING GENTLY  
RETURN YOUR ATTENTION  
TO THE BREATH.

7

# BE KIND ABOUT YOUR WANDERING MIND.

You may find your mind wandering constantly—that's normal, too. Instead of wrestling with your thoughts, practice observing them without reacting.

JUST SIT AND PAY ATTENTION.  
AS HARD AS IT IS TO MAINTAIN,  
THAT'S ALL THERE IS. COME  
BACK TO YOUR BREATH OVER  
AND OVER AGAIN, WITHOUT  
JUDGMENT OR EXPECTATION.

8

# WHEN YOU'RE READY, GENTLY LIFT YOUR GAZE

Take a moment and notice any sounds in the environment. (if your eyes are closed, open them)

**NOTICE HOW YOUR BODY FEELS  
RIGHT NOW. NOTICE YOUR  
THOUGHTS AND EMOTIONS.**

9



# WHAT'S THE POINT IN MEDITATING ANYWAY?

Watch this video...

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=L9QNOUWXFIM](https://www.youtube.com/watch?v=L9QNOUWXFIM)

# Break down of research

**29%**  
Anxiety  
relief



**60%**  
Improve  
energy

**50%**  
Aid memory  
& focus



**22%**  
Stress relief

**76%**  
General  
wellness



**18%**  
Depression  
Relief

In 2006 research was taken out on  
the benefits of meditation

LETS TRY A GUIDED MEDITATION...

**HOW DO YOU FEEL?**



# TOOLS YOU CAN USE AT HOME TO PRACTICE MEDITATION...

HEADSPACE



CALM



PODCASTS



GUIDED  
MEDITATION  
ON YOUTUBE

