

Meditation

Sammie Smith



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



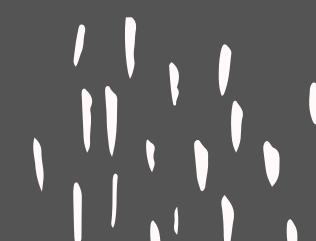


It's a special place where each and every moment is momentous.





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).





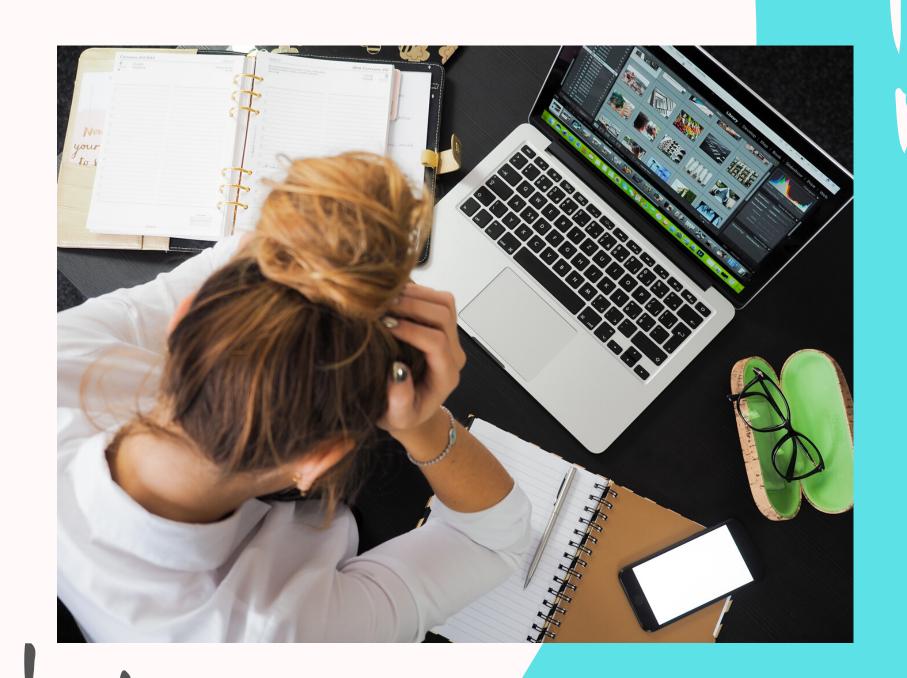
A different way of thinking...

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.

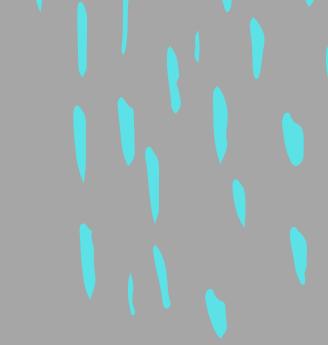


TIP:

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...

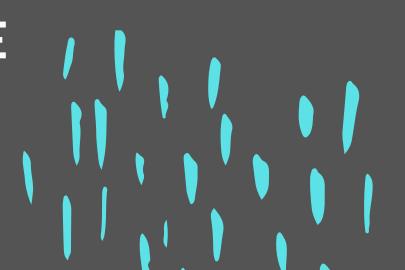




SIT/LAY COMFORTABLY

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

NO DIFFERENCE TO WHICH YOU CHOOSE



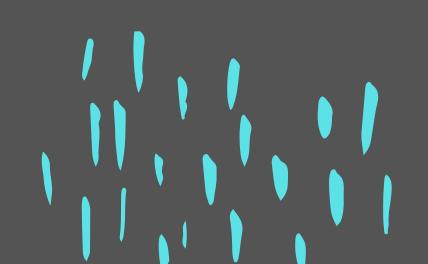




NOTICE WHAT YOUR LEGS ARE DOING.

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





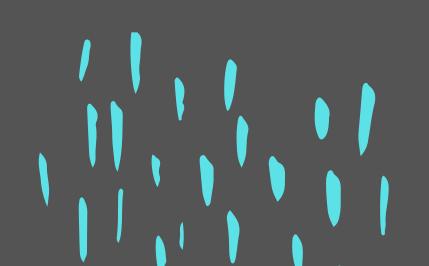




STRAIGHTEN YOUR UPPER BODY

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

IF YOU ARE LAYING DOWN SURE YOU ARE LAY FLAT





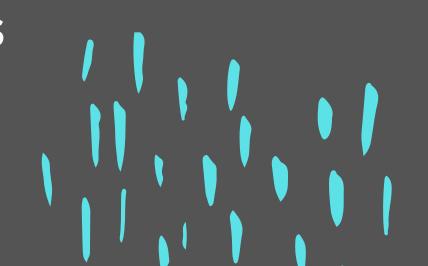




NOTICE WHAT YOUR ARMS ARE DOING

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



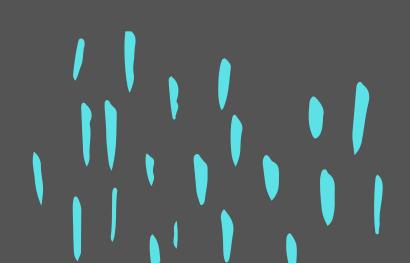




SOFTEN YOUR GAZE

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.





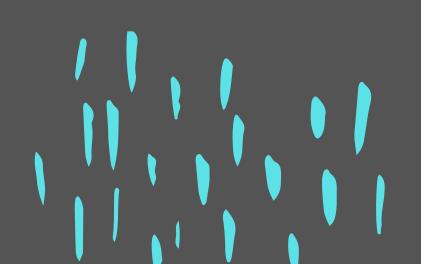




FEEL YOUR BREATH.

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





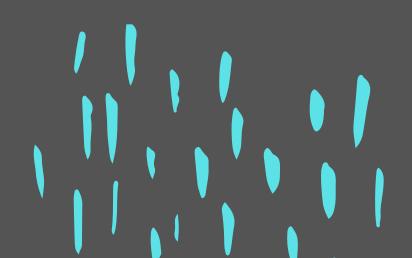




NOTICE WHEN YOUR MIND WANDERS FROM YOUR BREATH.

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.







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







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.

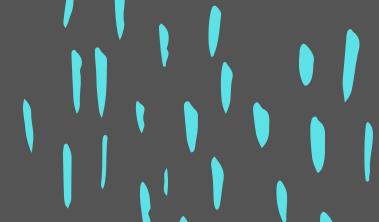






Watch this video...

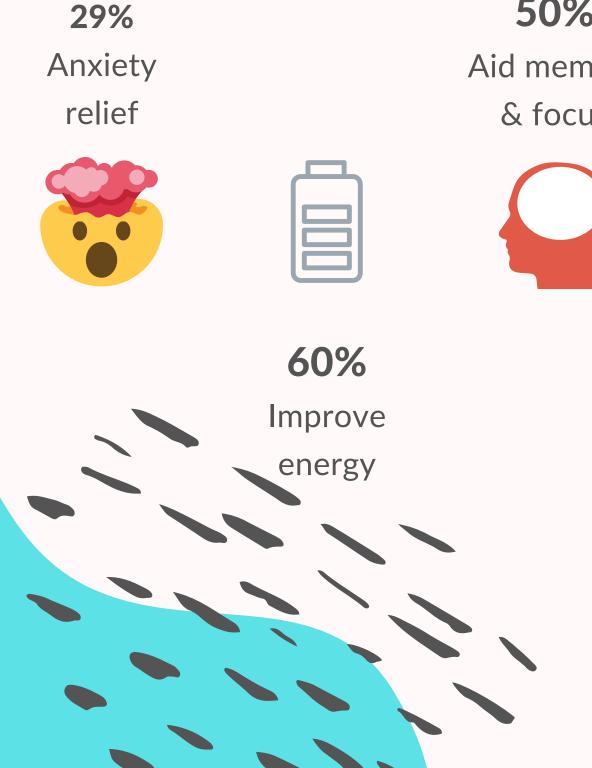


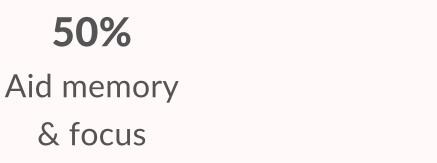






Break down of research







22% Stress relief







18%Depression
Relief

In 2006 research was taken out on the benefits of meditation.





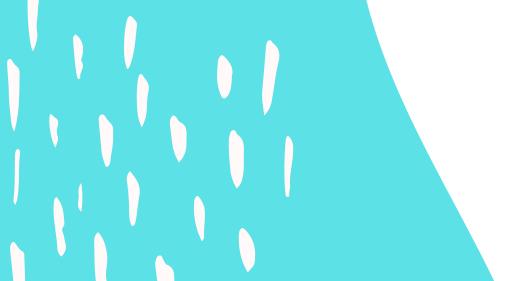
LETS TRY A GUIDED MEDITATION...







HOW DO YOU FEEL?





TOOLS YOU CAN USE AT HOME TO PRACTICE MEDIATION...



HEADSPACE



PODCASTS



DCASTS



MEDITATION

ON YOUTUBE

GUIDED



