

Welcome to the workshop, let's start with some basics!



Intro to Meditation

A Practical
Approach to
Self-Discovery
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I. What is Meditation?

1. Meditation is the process of getting to know your inner-self by directing your attention inwardly in order to understand the mind.
(E.g. outer -> inner)
2. Meditation is the practice of intentionally focusing your awareness into the here (location) and now (past/future -> Present)

II. What is the mind?

The mind is the current experience of our **Sense of Self (S.O.S.)** through thought, which is the primary obstacle of meditation! Thoughts are temporary images or ideas that can manifest as:

1. **Past** = Memory, history, our life story, our personal narrative
2. **Future** = Hopes, fears, expectations, desires, dreams
3. **Outer** = Environment, circumstances, possessions, family, etc.
4. **Inner** = Feelings, emotions, desires, habits, behaviors, concepts

So, if thoughts are the primary challenge of meditation, *observation* is the solution!

III. Becoming the Observer

Observation is the choice to witness the mind without identifying with thought!

(I)dentification:

Determining your S.O.S. in the now based on arising thought forms.
*E.g. Guilt from past experience,
Fear about future uncertainties*

*Observing the mind in meditation puts you in the neutral position between the (+) and (-) of **Duality**, a Universal Principle of Existence!*

Through meditation we release attachment to the Duality of Desire:

1. Fear of losing what we have
2. Desire to gain what we don't have

By arriving in the Now completely, we discover contentment with the current form of our life and can modify our deeply ingrained S.O.S.

Now that we have the context, let's look at our Tool Kit!

Common Meditation Challenges + Solutions:

Too Busy? ->

•Try shorter blocks of time in the morning, evening, and throughout the day (5, 10, 20min chunks).

Overthinking / anxiety? ->

•Bring focus to deep breathing into the belly, chest, feel the shoulders lift/fall.

Live in a loud area? ->

•Get ear plugs to reduce sound/noise

Forgetfulness? ->

•Set a daily reminder at a time that consistently works for you.

Not inspired? ->

Meditate with a friend or group to connect with others in their practice.

Visualizations:

Using imagery we can create a calming atmosphere wherever we may be! Try imagining you are:

- On the beach watching the waves
- In the sky lifting above the clouds
- In the forest underneath the trees
- In a field lying down in a bed of flowers
- At a gathering with all your loved ones
- Under a night sky of brilliant stars
- Sitting by a warm campfire

Tips for Creating a Meditation Practice

- Be intentional** about setting aside time/space to be with yourself as much as possible throughout the week.
- Take a break** from screens, social media, and digital distractions if you can and just be present wherever you are.
- Write out** any insights, inspirations, or thoughts that came up, *get creative!*
- Listen** to lectures or guided meditations of teachers that inspire you to practice!
- Focus your mind** on *gratitude*.
- Surround yourself** with people who bring out the best in you and others!

Preparing the Body

Relaxing and releasing the body is very important for arriving in meditative tranquility.

Sighing ->

•Helps to relax the neuro-muscular system, neck, spine, and jaw. Allowing safety+calm.

Self-Massage ->

•Brings self-care and softness to the joints, calms the autonomic nervous system.

Intuitive Movement and Stretching ->

•Scan your body, tune into what you need in the current moment, listen, react with love.

Sound | Vibration->

•Hum, sing, or laugh! This will release all tension and worry, inviting gratitude and appreciation for Life and all its lessons!

Meditation 101

Toolkit



Sweet Water

DANCE & YOGA



“Meditation is the practice and process of Self-Discovery that uncovers the unlimited potential of our Mind!”

