

CREATING A HOME *Meditation* PRACTICE

What is your primary goal for meditation?

What else do you want meditation to do for you?

Benefits of Meditation

Creates a heightened awareness of sensations / greater tolerance for pain & discomfort
brings harmony to body, mind & spirit / improves the relationships in your life
a new sense of aliveness for life / helps reduce anxiety & depression
offers more focus & clarity / better decision making
lowers blood pressure / increases oxygen to brain
lowers reactivity / slows heart rate / reduces stress / boosts creativity
experience (& stay in) present moment / feel a connection to your higher self & others

What is your biggest obstacle to meditation?

What meditation has worked for you?

What meditation hasn't worked for you?

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Meditation Myths Debunked!

Meditation Myth #1

...Meditation is emptying your mind.

Meditation is not about emptying your mind, it's about distracting your mind! In order to turn down (not off) your thoughts, we use different techniques to re-direct our focus and just as we are unique individuals, there are different techniques to meditation that will work better for YOU.

Meditation Myth #2

...I don't have enough time to meditate.

All you need is 3 minutes to begin feeling the effects of meditation.

Meditation Myth #3

...I'm supposed to have extraordinary experiences while meditating.

There are a variety of experiences while meditating, but that isn't the goal. The true prize of meditation is how you act and react in the normal course of your day.

Meditation Myth #4

...I'm not doing it right.

The only wrong meditation is the one you don't do. When your mind drifts, bring yourself back to the meditation you're working on. It's that simple.

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Meditation Secrets Revealed!

Secret #1

...is Finding 10 Extra Minutes, 3 times/week

This **MUST** be realistic or you won't stick with it

HOMEWORK - Write down the nitty gritty of your schedule for one full week. Be 100% honest.

Secret #2

...is Making it a Ritual

Ritual brings meaning and devotion. How can you do this?

- Set up an altar (inspiring quotes, pictures, stones, crystals, malas, candles, herbs)
(Keep your altar fresh and change it with the seasons, your chakras)
- Keep a journal close
- Set an intention
 - New moon intention
 - Full moon intention
 - based on what you're lacking or need to work on
- Light a candle EVERY TIME
- Burn incense
- Use oils on your hands & pulse points
- Read a passage from a daily reflections book

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Secret #3

...is Variety

Meditation can get boring, fast! Plus, different techniques will work for you on different days.

Here's a list of meditations:

CONCENTRATION

Candle flame

Mantra/Japa

Pranayama

1:2 / 2:1 / 1:1

Ujjayi

3 part breath

Inhale Sat / Exhale Nam

Alternate Nostril Breath

VISUALIZATION

Goddesses

Happy place

Green light at heart

White light above / in front

INTEGRATIVE

Body Scan / Sensations

Thoughts

Chakras, qualities

Mudras

Crystals, qualities

This just in, **self-care** is absolutely meditation! Here are some more ideas:

- Essential Oil foot rubs
- 10-minute walk
- Restorative poses
- Eye pillows
- Epsom salt foot soak
- Read for 15 minutes
- Make a cup of hot tea or cocoa and simply sip

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Find more meditation resources at www.melissakleehammer.com