

# How To Meditate

*Steps. Tools. Guide.*



## 5 Different Types of Meditation

*A Relationship with Self*

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## *A Relationship with Self*

### Topics

1. Benefits of meditating.
2. Setting your intention(s).
3. What to expect.
4. Key tips for meditating.
5. Quieting your mind.
6. Receiving wisdom for your daily concerns.
7. What you may need during your meditation.

### **14 Benefits of Meditating**

1. Meditation reduces stress.
2. It improves concentration.
3. Encourages a healthy lifestyle and a balanced mind.
4. The practice increases self-awareness where you get to know yourself.
5. It increases happiness and acceptance.

6. It helps you to relax.

7. It allows wisdom to come to you in many ways and signs and symbols, even when you are not meditating at that particular moment.

8. It helps you feel less lonely.

9. It lowers the depression risk and anxiety.

10. It's known to help you sleep better.

11. It supports weight loss goals.

12. Better memory.

1. More creativity.

2. More compassion.

## **Set An Intention**

Setting your intention prior to meditating positions you to focus on the one thing you're looking to receive during your meditation session. It also allows God and the universe to align themselves with you to give to you whatever it is you're there to receive.

You may desire to receive wisdom during your meditation session for a particular issue or concern, or receive energy if you're feeling drained and exhausted from life, people, challenges, or you may need healing.

Side Note: My personal belief, which may not be biblical or true, is that God placed laws within the universe. I believe the universe is the universal mind of God. He knows all things and sees all things.

We have access to knowing all the things we need to know because we have access to the universe and its truths. Since God knows what tomorrow will bring, and what we need to do to fulfill our purpose, then it is only a benefit to meditate to help meet future goals.

As for intention, I only set one intention per meditation. Even if I've scheduled myself to meditate for 30 minutes. I set one intention for 15 minutes and another intention for the other 15 minutes.

## **8 Reasons Why I Meditate**

This is my personal list of intentions. You can create your own list of intentions and do what feels right to you.

1. Need for Increased Energy—Feeling drained. I might need to prepare for a situation or conversation that may particularly reduce my energy.

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1. Need for Increased Energy—Feeling drained. I might need to prepare for a situation or conversation that may particularly reduce my energy.

2. Balance and centering myself. This is when I'm angry or unhappy and maybe a little emotional. I may need stillness and peace of mind.

3. If my body needs healing and I feel physically ill. My intention is to be well and whole. I send light and love to those parts of my body. I thank that part of my body for it's function and I express gratitude. You can also repeat "I am whole and well." You can also repeat a scripture or passage that expresses healing and wellness.

4. Daily wisdom on a topic or if I just need direction in my own personal life. I may need wisdom to help my clients as well. Sometimes the wisdom comes during the meditation, or right before I need it, or even during a session with a client.

1. Forgiveness toward myself and toward others. I complete my “I Release You” exercise, which we’ll cover later in this workbook.

6. Healing from old wounds of the past. Old wounds can mean childhood wounds or adult wounds that may need healing.

It can also mean something that you did or was done or happened yesterday, because it's in the past, can be forgotten and not forgiven. Or you may be able to relate to how I've forgiven someone for something, but didn't forgive myself for allowing them in my life. *We should take Responsibility.*

During meditation you may learn that you're still not over something old and it has been locked or tucked away in the back of your mind for days or years.

Your heart has its own memory and it will remind your mind of its troubles. The cells in your body also host feelings and memories of old.

It will remind your mind of the past so that it can be dealt with, faced and healed. You will see your life begin to reshape and bring fulfillment.

7. Law of attraction. Some LOW! Your conscious mind has a large vocabulary. Your subconscious mind has a small vocabulary, and works better with images and pictures. It can't tell the difference between reality fantasy. So attract all that you want and it will position you to receive it.

That is why the visualization is so powerful! When you have a chance - read up on visualization and learn it's truths to better comprehend how it works. I will cover it at a later time just not in this book.

8. Repeating a mantra/scripture/passage or affirmation that will replace a negative thought in my mind.

All negative thoughts have to be replaced. You can't just NOT think about the past or a situation and tell yourself it's gone or you've healed. Thoughts stay hidden in the sub-consciousness mind. They need to surface. Allow this to happen and replace them.

*"The truth is revealed so that change can occur." -Elsie B.*

## **5 Expectations To Have**

1. Expect thoughts to pass through your mind.
2. Expect to feel like it's not working.
3. Expect to think "Am I doing this right?"
4. Expect to feel distracted by memories, concerns, task, dreams, hopes and aspirations.
  1. Expect the unexpected to happen and be okay with it.

## **Self-Love Tips**

1. Don't be hard on yourself.
2. Always use kind gentle words toward yourself.
3. Be patient.
4. Go with the flow during meditation.

5. Stay in tune with what you should do or say next during your meditation.

6. You can meditate for a little or as much as you would like.

You can even start at 5 minutes and work your way up. You can meditate for 5 minutes one day and 40 minutes the next - depending on your schedule or need(s). You are free to choose. You make the rules!

## **Things To Have Nearby**

1. Have battery operated candles or lit candles of your choice. This sets the mood of relaxation and intention to receive. Have them nearby for comfort.

2. Sit in a comfortable chair or propped pillows to support a sitting up position. Use the famous yoga sitting position, otherwise known as Indian Style. You can also have both feet flat on the floor and your arms uncrossed - when needing to re-up on energy. This positions you to receive.

3. Have a Bible, book of mantras, or any other form of literature or material you may want or may feel guided to read. You may be guided or prompted to visit a certain page or paragraph.

4. Have a pen, paper or have a journal handy. Date the top of the page and write any thoughts, wisdom, symbols or anything that comes to mind. You can be creative and sketch or draw whatever comes.

5. Have a timer handy to keep track of time. This reduces anxiety and/or fear of not getting other task done in time. It keeps you structured.

6. Set your music and mood. I like to use sounds of nature or tunes used in a yoga class. I use the 'Heart Meditation' station in Pandora or sometimes I like to use the 'Deep Focus' station in Spotify.

Remember it is better to change a tune if you're not feeling it's energy. Music comes with energy and you should feel safe medication to the style of your choice.

## **Success Tips**

1. Don't be concerned with breaking the meditation or stillness if you feel prompted to write, talk to God, or read a passage or paragraph from a book. This is all part of meditation. It may just be a time for clarity, insight, peace, stillness, calmness, and a time to receive whatever God/universe has for you that day.

1. Every meditation is not going to be the same as the day before. They will have differences. This is because it all depends on your intention and needs at that time and in that moment of stillness.

2. Each meditation is catered to what you need and where you are in that particular moment. Meditation tailored to a moment in time and your souls evolution each time it's practice.

4. Change a song or track if you feel uncomfortable with the energy. Be sure to feel comfortable at all times. Be sure you feel safe.

5. When the mind wanders and thoughts roll through your mind - I want you to process them. I want you to find meaning in them. Ask yourself the following questions.

A. Is this situation or thought process something that needs healing?

B. Is there any insight I can gain from this thought or these thoughts?

C. Do I need to write this down?

D. Is this an area I need to work on?

If it's a useless thought, center yourself by bringing your mind back into submission. By paying close attention to your breathing pattern or by repeating the mantra 'om' or 'rum' you gain back control. Or choose something that will grab your attention back to peace and quiet. I offer the option of using the name 'Adoni' to my Christian clients. It's translated in the Bible as Lord. You can also use 'Lord.'

5. Write down any task or to do list before your meditation session; because your subconscious mind will bring it up during your quiet time. This may or may not be the case for you. But for me it hinders my alone time.

6. Be mindful that since you haven't had a still mind for as long as you can remember - you may have a busy mind during your meditation session. This is because your mind/body/spirit need to all align as one and or process thoughts and feelings not yet dealt with.

*It's normal! You are normal!*

You may progress to 'staying in a peaceful state of mind' for longer than a few minutes at a time without thought. Enjoy them because they are moments of pure bliss. Be patient because they will happen more and more overtime. And longer and longer over time.

Remember every meditation session is different and that's okay. That's what makes it special. It's unique and tailored to who you are and where you are in that particular moment in time.

*Practice makes perfect!*

*Go get 'em champ!*