



Simple Steps. Big Impact.

## Introduction To Meditation Handout

This worksheet will help you design a personalized meditation practice and give you the tools to understand how to nurture it in your busy life.

There are no rules and no right or wrong way to approach a meditation practice. If you intend to alleviate stress about **climate change**, let that be your topic for your intention statement. It's best to settle on just one issue for your meditation focus.

You decide when, where, and how you'll meditate and for what length of time.

### Types of Meditations

There are various types of meditation and some may be more comfortable for you. Try some of these techniques out then rate each of these meditation types on a scale from 1-10 where 10 represents complete stillness. Then practice the one(s) with the higher ratings:

- \_\_\_ Breathe Awareness (examples: In 4/Hold 4/Exhale 6/Pause 2, or In 1/Out 2/In 2/Out 3/In 3/Out 4)
- \_\_\_ Mantra (repeat the words inhale/exhale)
- \_\_\_ Visual (continued focus on a tree or blossom or any interesting object)
- \_\_\_ Sound (listen to intricate music or focus on the sounds around you)
- \_\_\_ Nature Connection (notice the nature around you, breathe in as you notice it through all your senses, then breathe out as a gift to give your breath back to nature)
- \_\_\_ Alternate Nostril Breath (using your fingers or just mental control, inhale left/exhale right/inhale right/exhale left)
- \_\_\_ Energy (notice a tight spot in your body, focus on one body part – size, shape, color, texture, temperature, etc.)
- \_\_\_ True Meditation (witness your thoughts without any technique or attempt to control them, just be the observer)

### Basic meditation steps

- **Physical comfort:** Gather props and find a quiet space for your meditation so you feel safe and comfortable
- **Mindful presence:** Spend a few breaths in mindful notice of your surroundings, time of day, season, stress level, physical sensations
- **Focus:** Set an intention or focus for each meditation session. What is on your mind or in your heart today?
- **Quieting technique:** Relax throughout your body and release tension and gripping
- **Meditation technique:** Practice one of the types of meditation from the list above
- **True meditation:** Imagine stepping your attention away from your brain to be the witness of your thoughts
- **Notice:** Remember your original focus or intention and notice how it feels
- **Gratitude:** For all that is right and beautiful in your life in this moment

### Simple seated meditation practice - 20 minutes

- 1 min. - Get comfortable & support your back, arms, and knees
- 1 min. - Close your eyes & check the alignment of your head, neck, shoulders, hips
- 1 min. - Set your intention statement or say a prayer or wish
- 3 min. - Guided rotation from crown to forehead to mouth to throat, etc. through each joint in the body
- 5 min. - Follow the in-breath from the nostrils to the lungs and the out-breath back out through the nostrils
- 5 min. - Visualization - meditation on one body part OR visualize a walk through the woods OR visualize and focus on each of your senses OR one of the meditation types listed above
- 2 min. Sit in True meditation
- 1 min. Restate your intention statement or prayer
- 1 min. Notice what you're grateful for



