


Meditation 101



**Learn about the different types of
meditation and how to use
meditation in your daily life.**



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What is Meditation?



Meditation is a process used to train the mind to focus attention and awareness in order to induce a state of inner-calm and mental clarity. Some meditations focus on thoughts and situational awareness, whereas others avoid any conscious thoughts altogether. There are two approaches to practicing meditation - guided and unguided.

Guided meditations use a teacher to guide you through the process of meditation, explaining how to achieve the meditative state and where/how to focus your mind throughout.

Unguided meditations are often done solo, but it's not a requirement. These meditations are internalized as you lead yourself into a meditative state, controlling the experience directly.

W H Y M E D I T A T E

Countless studies have demonstrated the usefulness and benefits of meditation. Any type of meditation is beneficial, so choose practices that align with your own personal goals. Regardless of what type you do, here are some benefits you may potentially experience*:

Reduced Stress & Anxiety

Better Emotional Control

Improved Sense of Overall Health

Increase Self-Awareness

Fewer Negative Emotions and Reactions

Increased Creativity & Imagination

Improved Sense of Patience and Tolerance

Better Management of Pain

Enhanced Sleep Quality

It takes some time to see improvements, so be patient and keep meditating. Do not substitute meditation for professional medical advice - meditation is not intended to cure or treat any specific illness or disease.

TYPES OF MEDITATION

There are various practices that can be used for meditating. Below are some of the more popular kinds. Use any or all that suit you and your needs!



MINDFULNESS MEDITATION

You let your thoughts come and go, acknowledging them without judgement. This is a kind of **focused meditation**, where you focus on the present awareness, often using a particular sensation (such as your **breath**) to achieve a meditative state.



VISUALIZATION MEDITATION

Often guided, you are led through a visual description of a place or event, such as a tropical beach or sunny meadow. By focusing on the guide, your thoughts silence themselves as you enter a meditative state.



TRANSCENDENTAL MEDITATION

The goal is to completely quiet the mind of all thought to accord a sense of peace and calm. **Mantras** (a word or short phrase with or without meaning, verbal or silent) may be used if desired.



SPIRITUAL MEDITATION

Used to bring about a deeper understanding of spirituality, contemplation of philosophical ideas, and/or connecting with a form of higher power. Often used in organized religions.



MOVEMENT MEDITATION

Gentle, repetitive movements are used to calm the mind and achieve a meditative state. Examples include Tai Chi, Qi Gong, walking, gardening, and so on.



LOVING KINDNESS MEDITATION

Often a **visualization meditation** or repetition of **self-affirmations**, though silent meditation is also used, the goal is to open the mind to giving and receiving love in order to promote qualities of compassion and kindness.



AND MANY MORE TYPES

Meditation is a highly personal practice, which means that you can use any or all of these meditations or find alternatives of your own.

HOW TO MEDITATE

While a simple process, meditation is not easy. It takes practice and discipline, but with patience meditation will become second nature to you.



Here's how to get started! There may be some slight variations from one practice of meditation to another, but most follow these same general steps.

- **Place** - Find a quiet, comfortable place for your meditation. Set a timer if you have a time limit.
- **Sit Upright** - Have a seat and get comfortable.
- **Breathe** - Take in three (3) slow, deep breathes. Breathe in through the nose and out through the nose or mouth.
- **Eyes** - Most practices will have you gently close your eyes at this time, though not necessary.
- **Meditate** - Begin your meditation according to the practice you are following.
- **Focus** - Usually you will focus on something in particular, such as your breath, an activity, or a mantra, to keep your mind from wandering.
- **Thoughts** - Most practices ask you to gently dismiss thoughts and be kind to yourself during the process. Just acknowledge and refocus.
- **End** - Gently open your eyes, smile, and give thanks for taking this time for yourself.

SEVEN DAY CHALLENGE

Try meditating just a few minutes each day to begin a journey that will benefit you for a lifetime!

1

Find your quiet spot for meditation and give it a shot. Set a time for TWO (2) minutes.

2

Meditate for THREE (3) minutes.

3

Meditate for FIVE (5) minutes.

4

Meditate for FIVE (5) minutes. Any reflections or other things to note? Jot them down on Page 8.

5

Meditate for SEVEN (7) minutes.

6


Meditate for SEVEN (7) minutes.

7

Meditate for TEN (10) Minutes - the minimum you should aim for each day from here on out. Good luck!

ADVANCED CHALLENGE

Make meditation a daily habit with this advanced 30-day challenge! After 30 days, spend a minimum of 10 minutes a day in meditation, though more is certainly just fine and even encouraged! Record any impressions or reflections you have throughout the Challenge on page 8.

 1 Meditate TWO (2) Minutes	 2 Meditate TWO (2) Minutes	 3 Meditate THREE (3) Minutes	 4 Meditate THREE (3) Minutes	 5 Meditate FIVE (5) Minutes
 6 Meditate FIVE (5) Minutes	 7 Meditate SEVEN (7) Minutes	 8 Meditate SEVEN (7) Minutes	 9 Meditate TEN (10) Minutes	 10 Meditate TEN (10) Minutes
 11 Meditate TEN (10) Minutes	 12 Meditate TEN (10) Minutes	 13 Meditate TEN (10) Minutes	 14 Meditate FIFTEEN (15) Minutes	 15 Meditate FIFTEEN (15) Minutes
 16 Meditate FIFTEEN (15) Minutes	 17 Meditate FIFTEEN (15) Minutes	 18 Meditate FIFTEEN (15) Minutes	 19 Meditate TWENTY (20) Minutes	 20 Meditate TWENTY (20) Minutes
 21 Meditate TWENTY (20) Minutes	 22 Meditate TWENTY (20) Minutes	 23 Meditate TWENTY (20) Minutes	 24 Meditate THIRTY (30) Minutes	 25 Meditate THIRTY (30) Minutes
 26 Meditate THIRTY (30) Minutes	 27 Meditate THIRTY (30) Minutes	 28 Meditate THIRTY (30) Minutes	 29 Meditate THIRTY (30) Minutes	 30 Meditate THIRTY (30) Minutes

REFLECTIONS

Jot down any notes or insights you have about your meditation experience during your Challenge Event. Did any specific challenges or issues arise during the event? How did you address these? If you haven't addressed them yet, how do you plan to do so in future sessions?

ANY SPECIFIC CHALLENGES OR ISSUES?



NOW IS ALWAYS THE RIGHT TIME

Meditation is an important aspect of mindfulness. To learn more about mindful living, visit the Living Minutes Academy at LivingMinutes.com.

Living Minutes Academy is dedicated to the mission of spreading the practice of mindfulness to help people live better lives. We offer a number of free* resources such as books, guidebooks, self-guided courses, masterclasses, seminars, and workshops.

(*Donations accepted and appreciated)

Start with the popular "3-Week Challenge" and see for yourself how life transformative (and easy!) living mindfully truly is!

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