



Nurturing Meditations

Living Minutes Academy

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LivingMinutes.com

LM!



The final step in the program...

- First we had Living Minutes
 - Designed to ground yourself, to help you learn to make time for you and your interests, and in the process help rediscover your true self, all while establishing the foundations of mindful living
- Next we looked at Mindful Moments
 - Living mindfully is about being in the moment, using mindfulness techniques and exercises to keep you present within life's moments and to appreciate these moments as living life
- The final step involves Nurturing Meditations
 - You've not-so-discreetly been encouraged to use meditation in both your Minutes and Moments
 - Now, we're going to take a closer look at meditation and how it's used as a tool in this program

Meditations - Simplified

A contemplative or reflective state of mind used for spiritual commune and/or for its mental and physical health benefits

Unguided

- ▶ Contemplative; transcendental, spiritual, or mantra types
- ▶ Not as commonly used in mindful living as guided meditations are
- ▶ Focus is usually on letting go of conscious thought; sometimes a mantra is used
- ▶ When the mind wanders, recognize the thought(s) and bring your attention back to your breathing or mantra

Focus on excluding conscious thought

Guided

- ▶ Similar to an unguided meditation, except that you have someone guiding you through it using text
 - ▶ These have a specific intention
 - ▶ Mindfulness, self-affirmations, etc.
- ▶ The text is meant to focus and guide your thoughts, to help you get to know yourself, your mind, and/or your body
- ▶ When your mind wanders, recognize the event and bring your attention back to your breathing and the guided text

Focus on particular thoughts and sensations

Both use breath work. Both often use the breath to help keep focus



Nurturing Meditations

- ▶ Can be solo (unguided) or guided
 - ▶ Meditation practices are quite personal
 - ▶ While mindful living would suggest that mindful meditations are required, they are not – any meditation technique is A-OK
 - ▶ Experiment with different methods to see what works for you
 - ▶ You don't have to stick to one method – you can use whichever methods that you connect with
 - ▶ I prefer transcendental, visualization, mantra, and self-affirmation meditations
- ▶ You should spend 5-20 minutes a day (minimum) meditating
 - ▶ Start your day with a quick Nurturing Meditation
 - ▶ The “Morning Jumpstart” Moment is a great option! (Later in Program)
 - ▶ I'll be adding some guided meditations to YouTube over time



Meditation 101

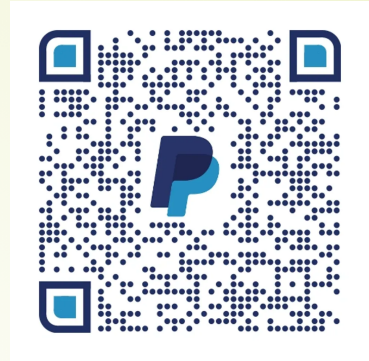
- Meditation is not difficult, but it does take time to master, requiring patience and discipline
 - But since it's not difficult, you don't need to learn much to know how to meditate
- Here's what you'll do...
 - **Find someplace** with minimal distractions
 - **Get comfy** – most meditations are designed for a seated position, but you can do this standing or even lying down (though, be careful not to fall asleep!)
 - Figure out what to do with your **hands** – on your lap, folded hands, whatever is comfortable for you
 - **Close your eyes** (usually; may do this after breathe work below)
 - Begin **breathe work** for about a minute
 - **Continue with the meditation** – breathe work, chant your mantra, pray, or start a guided meditation
 - If your **mind wanders** away from the breathing/mantra/praying/exercise, recognize the fact, accept it with love, and bring your focus back to the B/M/P/E.
 - At the end of the meditation, express gratitude for the opportunity to meditate and forgive yourself of any random thoughts you may have had during the experience



The Body Scan

- ▶ The body scan is one of the most fundamental of mindfulness meditations
- ▶ It allows you to become aware of the physical sensations occurring in your body, grounding you in the present moment
- ▶ This meditation can be conducted sitting, but it's best to do it standing up
- ▶ You're going to focus on various regions of the body for a few moments before moving to the next section
 - ▶ Take in 3-5 deep, slow, intentional breathes to relax your body and calm your mind
 - ▶ Focus on your feet – how do they feel? Do you feel more pressure on one foot than the other? Are you leaning?
 - ▶ Focus on your ankles. What do you notice?
 - ▶ Focus on your calves and shins. What do you notice?
 - ▶ Focus on your knees. Are they locked, bent, relaxed? How do they feel?
 - ▶ Focus on your thighs, then your hips, then your belly region. What do you notice?
 - ▶ Focus on your lower back, then middle, then upper back. What do you notice about each region?
 - ▶ Focus on your chest. When you breathe, how do you feel? Is the breath free or constricted? What else do you notice?
 - ▶ Focus on your shoulders, then your arms, then your hands. What do you notice?
 - ▶ Focus on your neck and throat. What do you notice?
 - ▶ Focus on your head, including your facial muscles, cheeks, chin, forehead, ears, and cranial region. What do you notice?

Help me help others



- Please consider pausing the video and making a donation
- I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- I have spent thousands of hours studying mindfulness and preparing all of this content
- I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
 - Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!

Your Mission

➤ *Try quieting your mind*

- **Download my Meditation 101 booklet from livingminutes.com and work through it. Start with the Seven-Day Challenge and work your way up from there.**

