

Beginner's Guide to Meditation



A Complimentary Informational Publication
from

Holly Parker & Michel Venne
creators of



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Beginner's Guide to Meditation

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[Holly Parker, NBC-HWC | FMCHC](#)
[Michel Venne, DO | ICF Coach](#)

This passion-packed duo combined their superpowers and decades of experience to bring you this unparalleled coaching program where they share the top success secrets that allow high-performers to reach and go beyond their best! For full bios, click our names above or visit our sites at;

Holly Parker: HollyParkerCoach.com | Michel Venne: XMindProject.com

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Never disregard professional medical advice or delay in seeking it because of the materials provided.

1 | INTRODUCTION

This complimentary *Beginner's Guide to Meditation* keeps meditation simple so that you can begin to explore this powerful tool. Meditation is free, suitable for everyone regardless of age, spiritual system, physical condition, gender, or social class. Whether you use it to management stress, improve your health, or find answers, it accompanies you wherever and whenever you like.

To begin, remember these key steps as you venture into it:

- Keep it simple. No need to overcomplicate the process.
- Explore the types of meditation that most appeal to you: there are many.
- Give yourself time to experience and evolve in the process. Your skill will grow like any other.
- Seek a meditation guide or wellness coach if you find you'd like additional guidance.

*To establish being, become more still.
Then perform action from that silence.*

– Dr. John Douillard, DC

2 | MINDFULNESS – what it is

Mindfulness is often described as a process of intentionally bringing one's awareness or attention to thoughts and experiences in the present moment without judgment. Some say mindfulness is meditation in action.

In fact, one can build mindfulness like a skill through the practice of meditation and other mindfulness training methods.

Common exercises* to develop mindfulness (or the skill of awareness):

*inspired by a list from the Mayo Clinic

- Practicing paying attention moment to moment
- Practicing living in the moment
- Accepting yourself
- Practicing non-judgement
- Doing various forms of meditation, such as:
 - Focusing on your breathing
 - Scanning the body
 - Sitting in silence
 - walking meditation
 - and other more structured meditations like mindfulness-based stress reduction

3 | MEDITATION – what it is

Meditation is a means of transforming the mind by developing concentration, clarity, emotional positivity, and can lead to a new understanding and capacity of life. - compiled from Buddhist definitions

The magic of meditation includes the infinite opportunities that are summarized simply in this part about understanding and capacity. It opens up doors to the self and beyond. There are many variations of meditation practices – you might say there's a meditation to match anyone who's willing to try. The process has so much to offer us, and the experience depends on the individual.

Some find grounded-ness and spiritual connection, as well as massive creativity and sustained energy through meditation. It can also be the most eloquent experience of finding nothingness...pure silence. From a health standpoint, to be able to reach this place in meditation can offer restoration for our body's cells. For the mind, it can offer a clear foundation from which to take action.

Tim Ferriss authored a book called *Tools of Titans* in which he interviewed more than two-hundred high-functioning individuals to see what tools they used to aid their performance in life. He found that meditation was the number one thing these visionary achievers had in common.

Meditation helps you channel drive toward the few things that matter.

– Tim Ferriss in his best-seller, *Tools of Titans* 2017

4 | HOW TO MEDITATE – Simple Beginner Options:

You will find many variations in how to meditate depending on the teacher and the chosen approach. Find what is right for you. The important thing is to get started and move slowly with compassion towards yourself, at your own pace.

SIMPLE INSTRUCTIONS FOR BEGINNER SUCCESS:

1. Find a comfortable seated position, one in which you will remain awake.
2. Focus on your breath: breathe in and out through your nose, feel the quality of the air as it moves, feel your chest and/or abdomen rise, don't try to change it, simply observe it.
3. Accept the thoughts that come to mind, rather than fighting them.
4. Allow them to bubble up and through, accepting the thoughts and fluidly allowing them to go.
5. Non-judgement of thoughts returns your attention to breathing.
6. Allow your experience to emerge and be your own, not based on comparison or expectations.

MORE TIPS:

- Some find counting breaths to be helpful to quiet and focus (up to 10– then repeat).
- Try evoking the meditative state anywhere anytime: try to meditate with eyes open to practice bringing meditation into daily existence.
- Explore and experiment with different forms of meditation to find what works for you. And, of the forms that appeal to you, give them a chance by practicing for a span of time (i.e. 1-month) to see how your experience evolves.
- You may like to try guided meditations or yoga nidra meditation by using apps (i.e. Insight Timer) or joining meditation groups. These are easy to find online or on your smartphone.

Meditation, when practiced regularly and frequently, creates **neuroplastic changes** in the brain that reinforce the reprogramming of thought patterns, habits and skills.

WHAT'S NEUROPLASTICITY?

Have you ever noticed how a new skill or habit becomes easier over time? This is due to a process in our brains called neuroplasticity, or brain plasticity. It's the brain's ability to form new connections and dissolve old ones. And, it applies to thoughts and feelings too! It takes about 30 days to form these new connections called neuronal networks. In the process of creating the new pathway, the old path is used less and simultaneously dissolves.

NEUROPLASTICITY CAN BE USED INTENTIONALLY TO UPGRADE:

- Daily lifestyle habits
- Emotions
- Ways of thinking / feeling
- Skills

5 | HOW TO GO DEEPER



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Meditation can transform your inner and outer worlds when done with regularity. It's also one of the subjects that you can explore and implement by participating in the Activ8 program.

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