

Meditation - Advanced

1. So why do we meditate?

To have peace, to find stillness, to be in the present moment, to be the thought watcher, to rest in loving awareness

2. Are we our thoughts?

We have 40-60,000 thoughts a day. Are they true? The “monkey mind” is always spitting out content to us. And we have a choice. Do we go with those thoughts? Are they true? You are not your mind.

3. Where is consciousness?

When you are in awareness, being the thought watcher

Meditation helps us be an observer of the mind and be curious

4. Mind secretes thoughts –

Thoughts -> emotions ->

You can have either a reaction or a response

External trigger

Automatic Reaction Mindful Response

Autopilot	Aware
Sympathetic nervous system	Parasympathetic Nervous System
Stress Reaction	Stress Response
Fight or Flight	Calm & Connect

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Increase in cortisol	Oxytocin
Increase BP & HR	Openness and Curiosity
Chronic Stress Reaction	Adaptive/Healthy Coping

Meditation and Mindfulness is about developing a practice so that in times of struggle and stress, we can use it as a tool to ground, to be curious, to be non-reactive and to be present and open.