

(Unguided)

Meditation

Calming your mind,
alone...



1 Why Meditate



2

Why Meditate?

- “ease stress and anxieties”
- Relax before going to bed
- Practice focusing on a task
- Sharper observation abilities
- A good way to feel refreshed quickly - power napping
- [Many other things](#)

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Posture

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Posture

Bad posture will keep you from sitting comfortably, which can be distracting.
In addition, a more stable posture will allow you to relax more fully.

Finding your “seat”

Goal: be able to sit comfortably for a long period of time.

- Knees forming a triangle
- Bottom above knees
- Everything is stable

Give yourself room to breathe.

Key Locations

The goal of meditation is to relax. Not to contort your legs in weird ways.

The most important parts of your body to relax:

- Eyes
- Shoulders
- Core

By periodically ensuring these parts of your body are relaxed, the rest of your body will follow.

Seven Point Posture

1. Sit cross-legged.
2. Hands in lap or on knees.
3. Have a straight back.
4. Widen the shoulders to open the heart center.
5. Lower the chin.
6. Open mouth slightly with the tongue resting on the roof of the mouth.
7. Eyes open, gazing about four finger widths past the tip of nose.

From <https://www.lionsroar.com/how-to-practice-shamatha/>.

2

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Method

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Method

If you are able to sit comfortably, you can start to tune your mind.

Goal: Practice focusing one one thing.

Don't beat yourself up if you get distracted---that's the whole point of practice.

It's not “not thinking,” but being aware of what you're thinking.

Focus Object

Pick something to focus on. For example, look at a pen or listen to the traffic outside.

Pros:

- A good way to experience the moment

Cons:

- Can be easy to get distracted

Mantra

Chant something over and over.

Pros:

- Relatively easy

Cons:

- Hard to find a good mantra

Breathing Method

Focus on your breath, count them if needed.

Pros:

- No weird connotations

Cons:

- Easy to start controlling your breath, making you tense

Just Sitting

Just sit there, and feel what is going around you. Experience what is happening without “labeling” or recognizing what’s going on consciously.

Pros:

- Easiest to relax with

Cons:

- Easy to get distracted

Questions?

Other sources:

<https://www.health.harvard.edu/blog/mindfulness-meditation-may-ease-anxiety-mental-stress-201401086967>

<https://www.healthline.com/nutrition/12-benefits-of-meditation#section2>

<https://www.forbes.com/sites/alicegwaltton/2015/02/09/7-ways-meditation-can-actually-change-the-brain/>

<https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

<https://positivepsychology.com/benefits-of-meditation/>

Summary

- Posture
 - Finding your “seat”
 - Key Locations
 - Seven Point Posture
- Method
 - Focus Object
 - Mantra
 - Breathing Method
 - Just Sitting
- Try it out!

Pick a method and give it a try for a few minutes.

If you find yourself thinking about something else, take a break then try again.

