

at home in your body



Embracing Silence

- The Big Pause: Why Embrace Silence?
- Meditation Practice Types
- How To Make It A Habit

"Meditation is an active training of the mind to increase awareness."

--Madhav Goyal

WHAT YOU HAVE

Stress

Overwhelm

Irritability

Disorganization

habitized Exhaustion

Heavy Feeling in your body

AND: -----

WHAT YOU WANT

Emotional Healing

Joy

Self-Love

Choices that serve you well

Clarity

An Energy Boost!

AND: -----

*The purpose of meditation is to **let go**,
rather than to discern*



*Complete mastery over the
modifications (vrittis) of the
mind is called yoga.*

<https://yogainternational.com/article/view/yoga-sutra-1-2-translation-and-commentary>

MEDITATION.

What Is It Good For?



REDUCES PAIN OR FEAR



PRODUCES JOY OR EUPHORIA



IMPROVES CONCENTRATION



REDUCES ANXIETY & SOCIAL ANXIETY



MAY ALTER ACUTE STRESS RESPONSE



MAY BOOST IMMUNITY & DECREASE INFLAMMATION



MAY REDUCE DEVELOPMENT OF HEART DISEASE

<https://www.ncbi.nlm.nih.gov/pubmed/17370019>

http://www.huffingtonpost.com/2013/04/30/meditation-health-benefits_n_3178731.html



“Meditation is an art of being serene and alert in the present moment, instead of constantly struggling to change or to become.” --Vinod D. Deshmukh

Terminology

Dharana = concentration, holding

Dhyana-Yoga = discipline of meditation, as a means to Samadhi or enlightenment.

Samadhi = self-absorptive, adaptive state with realization of one's being in harmony with reality.

Meditation = an art of being serene and alert in the present moment, instead of constantly struggling to change or to become.

Purnatva = engagement; fullness; the essence of all that is

(<http://www.yogawithkatrina.com/purnatva-yogic-view-on-perfection/>)

Shunyata = emptiness; void; silence;

<https://www.ncbi.nlm.nih.gov/pubmed/17370019>

When was the last time you did each of the following?

- Intentionally left your phone at home or in your car?
- Rejoiced at no missed calls/texts/emails & still felt at ease and happy to be you?
- Thoroughly enjoyed an actually quiet moment?



Mediation is a habit of not doing, instead of doing.

Could this be your Keystone Habit?? The one from which all others flow with ease?

Before You Meditate:

- Tap into the gunas or qualities of you • Are you feeling heavy? Move your body first!
- Are you feeling light? First practice grounding breath work

Reflect on your practices of Dirgha Pranayama (3 part Breath) & 1 minute of silence:

What resonated with you about his practice?

What challenged you?

Are there elements of this that you would like to bring into a regular practice for yourself?

Reflection:

What meditation benefits stand out to you?

How will starting a practice of daily silence, increasing the length or in some way boosting the integrity of your current practice benefit you?

How might it benefit those around you?

“Everyone should meditate 1 hour each day, if you’re busy, two.” –Anonymous

(take with a grain of salt & the awareness that more stress benefits from more rest!)

Reflect on Metta Meditation

What resonated with you about his practice?

What challenged you?

Are there elements of this that you would like to bring into a regular practice for yourself?

Design Your Practice Example Your Practice

Time of Day (ex: 6:30am): _____

Location (ex: Bedroom by window): _____

Length of Time (ex: 3 minutes) _____

Guided or Unguided (ex: Guided/Unguided alternating days) _____

Focus on Breath or Letting Go? (ex: Focus on breath or senses) _____

Inspirational Reading? (ex: book called Practicing Peace) _____

Describe Alter (ex: Collection of rocks, candle, incense) _____

Other: _____

Repetition makes us who we are. Habits are what we repeatedly do... Do you have outdated patterns?

“Awareness is our ultimate currency; it’s all we have at the end of the day” –Cate Stillman

For more meditation resources visit:

www.groundedhere.com/embrace-silence