

# MEDITATION

a brief guide by Jennifer Odom Yoga

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# WHAT IS MEDITATION?

there are many different definitions, but at its core, meditation is all about mindful awareness. in her Insight Meditation workbook, Sharon Salzberg states, "The entire purpose of meditation practice is to learn how to harness, refine, and sensitize this quite incredible power of awareness."

by concentrating and cultivating a sense of mindfulness around the present moment, we begin to connect with what is actually happening without our thoughts and habits covering the lens. meditation helps us to deepen our attention and brings us back to our own unique wisdom.





# MEDITATION POSES

you can meditate in any shape or position that feels comfortable to your body. in fact, yoga asanas (poses/postures) are designed to prepare your body for long periods of seated meditation. you can sit in a chair, on a pillow, or directly on the floor with legs crossed or extended. if sitting doesn't work for you right now, you can do a walking meditation or even lie down if you can stay awake. you may also choose to meditate in a gentle restorative yoga pose.



# DIFFERENT WAYS TO MEDITATE

just as there are many different definitions of the word meditation, there are many different ways to meditate.

## *1. GUIDED MEDITATION*

super helpful for beginners, a guided meditation will verbally walk you through the meditation process. the practice could be a focus on your breath, affirmation or mantra repetition, or visualizations. these meditations are perfect if you're just starting out, if you're having difficulty focusing, or if you're looking for new meditation techniques.



# DIFFERENT WAYS TO MEDITATE

## *2. MENTAL NOTING*

during your practice of meditation, your mind will wander, bodily sensations will rise, emotions may come up, and more. you'll notice ALOT happening when you become still. one way to cultivate concentration is mental noting, the act of naming the thought/sensation/emotion and coming back to your breath. just a simple "thinking about work", "feeling my hands tingle", "joy and gratitude" whisper in your mind and then return to your focus.



# DIFFERENT WAYS TO MEDITATE

## 3. *LOVING KINDNESS*

in this style of meditation, you repeat a few phrases over and over to different people in your life. starting with yourself, you state the phrases "may I be happy, may I be healthy, may I be safe, may I live with ease" several times. after yourself, focus your awareness on a cherished loved one and state the same phrases. next, focus on a neutral person, someone you neither love deeply nor find difficult. next, focus on a person you find difficult and repeat the phrases several times. finally, focus on all beings everywhere and repeat the phrases for our whole world.



# BENEFITS AND MORE

the benefits of meditation are truly innumerable. they include increased concentration, less reactivity, deeper breathing, a calm and focused mind, relaxed muscles, deeper awareness of the moment, and more. this PDF serves as a very brief introduction into what meditation is and the different ways you might practice it.

the following video will guide you through a meditation focused on your breath. I hope you enjoy!



**"only that day  
dawns to which  
we are awake"  
- Henry David Thoreau**

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