

Creativity Flows From a Quiet Mind

Being in the Flow of Greatness Through Meditation

What is Meditation (and what is it NOT)?

It is NOT...

- **An eastern religion.** Most major religions practice it in some form or another. It can be used to deepen whatever beliefs, religion or spiritual path you follow. It can also be practiced *without* a religious context.
- **A path that will make you spacey or become flakey.** It enhances concentration and focus.
- **Something alien from outside your self.** Meditation is your own life energy. When you sit for meditation, your meditation energy will heal and balance your system.

It is...

- **A practice of relaxed alertness.**
- **A state of consciousness much like sleep states**
- **A common human experience.** All of us have experienced “meditative” states when we have been completely one-pointed and in the flow of our game. Musicians, athletes and artists often go into a meditative state when they are in the flow of their art or their game.



Beneficial Outcomes for Meditators

1. **Mental:** Clarity, focus, concentration for learning, efficiency and effectiveness at work and in life.
2. **Emotional/Psychological:** Reduced stress, improved relationships. The people around you are positively influenced by your centeredness – especially children.
3. **Physical/physiological:** builds the immune response, lowers blood pressure, steadies the heart rate
Spiritual: Deepens our sense of purpose in life, our connectedness with others and with the Divine (Source, God, the Universe).

Meditators may have a variety of experiences when sitting for meditation:

- Calm, centeredness, relaxed states
- Memories, fantasies, mental chatter, images, feelings
- Movement of energy in the body or body movement such as swaying
- “Ah-Ha’s” and insights into what is going on in their life or how to handle a challenge or solve a puzzle
- Ecstatic or euphoric states

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How Do I Set Up a Daily Meditation Practice? 5 Steps to Daily Meditation

1. **Right Space:** Clean, uncluttered, focused
2. **Right Time:** Early morning, Lunch time get-away or before bed
3. **Right Preparation:** Mental attitude, comfortable clothes, pillows, yoga poses
4. **Right Point of Focus:** audio, visual, breath, mental, affirmations
5. **Right Closure:** Breath, yoga, move slow, mental awareness, journaling

Ten Guiding Points about Meditation

1. The more you meditate, the more steady your mind will become.
2. Allow the mind to melt into the meditation experience in its own time. It doesn't work to get in conflict with the mind.
3. Label your thoughts: *"That's a memory"*, *"That's a fantasy"*. Avoid judging your thoughts and feelings.
4. Watch your thoughts and feelings go by like clouds in the sky, without putting attachment or personal meanings to them.
5. Find the quiet beneath the mental chatter
6. With daily meditation, your body and mind will get into the habit. It gets easier over time.
7. Meditate with other meditators on a regular basis.
8. Journal about what you're experiencing so that you can capture the subtle benefits that are happening for you.
9. As you meditate more and more, you'll find that when you are caring for children, you are more in tune with them. They sense your calm and will enjoy your attentiveness

- and you will see fewer behavioral problems, especially if you show them how to meditate.
10. Meditation will lower your stress. When you are less stressed, the children, families and co-workers around you will feel less stressed. Everyone benefits when one person meditates.

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- Siegel, Dan. **Mindsight. The New Science of Personal Transformation.** 2010.
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- Weiss, Brian L. M.D. **Meditation: Achieving Inner Peace and Tranquility in Your Life.** Book & CD (Guided meditation)

DVDs & CDs:

- Relaxation and Breathing for Meditation.** Rodney Yee. 2003
- Meditation for Beginners. Jack Kornfield.
- Meditation for Beginners. Gaiam
- Meditation. Eckhart Tolle.
- Meditation Music. Sounds True

Online Resources

- <http://www.sallykempton.com/>
- www.learningmeditation.com
- www.wilddivine.com
- www.benefitsofmeditation.org
- www.heartmath.com
- www.mindsightinstitute.com
- www.brianweiss.com
- www.soundstrue.com