



MEDITATION HANDOUT

Bonus: Positive Mind/Body Affirmations



Choose a time and place where you will not be interrupted. It should be a location that is as secluded, simple, and quiet. Choose a position wearing whatever is most comfortable for you. Your meditation can be ten, fifteen, twenty minutes or longer- whatever you decide.

Breathing is a key element in meditation and concentration. Begin by bringing your attention to your breathing do a few minutes of deep abdominal breathing to provide your body with plenty of oxygen.

Close your eyes and breathe deeply. Let your breathing be slow and relaxed. Notice the movement of your chest and abdomen in and out. Block out all other thoughts, feelings, and sensations. If you feel your attention wandering, bring it back to your breathing, these thoughts will pass.

Become aware of any tension in any part of your body and consciously relax it. Let your exhalations carry out any tension or anxiety you're feeling now. Exhale throughout your meditation to expel any tension or anxiety that comes up. Then, slow your breathing down, inhaling for three seconds and exhaling for three seconds.

Proceed with your meditation. Do not be surprised or discouraged by how frequently your thoughts wander. When you realize that your mind has become distracted, simply return to your breath. Your meditation experience is unique to you; therefore, remember that there is no right or wrong way to meditate and eventually you will find your way.

When you have finished, do not immediately try to jump up out of meditation; but rather come out slowly. Take a few deep abdominal breaths. Open your eyes and slowly get up. You should feel at ease and relaxed.

You can practice meditation at any time of the day by remembering the feeling of meditation. Now you can continue your day with renewed energy and happiness.

Candle Meditation

Meditating on a lit candle is an ancient practice. It is a gentle and calming exercise. It is also a great introduction to the art of concentration and creative visualization.



Sit erect on the floor or in a chair with a candle in front of you. Gaze steadily at the candle flame for two or three minutes and focus on the colors in the flame. Note how steady the flame is and how it flickers. As you begin to feel connected to the candle, close your eyes and visualize the candle in your mind. Relax and breathe while the candle relaxes you, soothing your inner and outer being.



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POSITIVE MIND/BODY AFFIRMATIONS



As you progress with your meditation, you can use affirmations to stimulate even more personal empowerment and positive vibrations. While seated comfortably, repeat one or more of the following affirmations and feel free to add your own:

- I love myself today and every day.
- I handle stress and tension very well.
- My mood is calm and relaxed.
- I remain calm and optimistic during times of stress.
- I think thoughts that uplift and nurture me.
- I deserve to feel good right now.
- I feel peaceful and calm.
- My breathing is slow and calm.
- My muscles are relaxed and comfortable.
- I feel grounded and fully present.
- I can effectively handle any situation that comes my way.
- I think through the solutions to my emotional issues slowly and peacefully.
- I am thankful for all the positive things in my life.
- My gratitude is full and deep.
- My body is healthy and strong.
- I eat a well-balanced and nutritious diet.
- I enjoy eating delicious and healthful food.
- My body wants food that is easy to digest and high in vitamins and minerals.
- I enjoy regular exercise.