

# Meditation Work Book



# Module 1

## Prepare To Meditate



*This introductory module explores the meaning of meditation and how you can prepare yourself to begin your meditation routine*



# What Is Meditation



Meditation has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being.

There are many types of meditation, but most have four elements in common: a quiet location with as few distractions as possible; a specific, comfortable posture (sitting, lying down, walking, or in other positions); a focus of attention (a specially chosen word or set of words, an object, or the sensations of the breath); and an open attitude (letting distractions come and go naturally without judging them).

Many studies have investigated meditation for different conditions, and there's evidence that it may reduce blood pressure as well as symptoms of irritable bowel syndrome and flare-ups in people who have had ulcerative colitis. It may ease symptoms of anxiety and depression, and may help people with insomnia.



# Getting Ready To Meditate



Before you can begin to meditate, you will need to prepare some positive things to meditate on. In my classes, I call them intentions and dedications; the most simple form of positive dedications are 'Affirmations'.

An affirmation is a set of words or phrases that are designed to change our conscious and subconscious thought processes. They are positive statements that increase confidence and change negative thoughts.

During our life, we often collect false beliefs about ourselves that prevent us from being happy and content. Society teaches us to not be 'big-headed' or brag about ourselves but this also prevents us from expressing our positive traits out loud.

Some people that we meet as we journey through life take great pleasure in telling you their negative opinions of themselves. We absorb these into our own subconscious as a seed and then with every new negative encounter will allow the negative thoughts to grow.

If we fail at something the first and second time, we internalize that failure and begin to think that we can't do whatever we set out to do. Sometimes, we stop trying.

We need to change that mind set in order to progress.

# Affirmation Examples



Affirmations are there to remind you to think well of yourself.

"I am a good person"

"I can do this, I just need to find another way"

"I believe in the person I am becoming"

"I have people who love me, therefore, I am lovable"

"I deserve to be happy"

"I will be treated with respect"

"My life is full of possibilities and opportunities"

"I can find another job, I just have to prepare for it"

"I am grateful for my family and my home"

These are just a few affirmations but you need to develop your own to fit your unique thought processes about yourself. These can be related to anything that is happening in your life or in your mind.



For more affirmations, follow  
[@Subala843](#) on Instagram.  
Intentions and affirmations are  
posted Sundays!

# WEEKLY AFFIRMATIONS

*Write down your positive affirmations that you can focus on each day*

MONDAY	TUESDAY

WEDNESDAY	THURSDAY	FRIDAY

SATURDAY	SUNDAY

# Introduction To Meditation



Most first-time meditators find it strange to sit in silence, to sit with their innermost thoughts and feelings, to sit and do nothing — the very things that, oddly enough, the mind tends to resist. To a beginner, meditation might initially feel a little alien, perhaps even daunting, but that's okay. People have been meditating for around 3,000 years, and many have experienced the same reticence, trepidation, or wonder that you are feeling.

Maybe you want to start meditating because you want to be less reactive, feel less stressed, or be more focused. Maybe meditating is part of a wider personal development plan of some kind. Or maybe you're looking to improve your relationships with those around you. Whatever the reason, training the mind through meditation is training in awareness. Training in awareness offers the potential to fundamentally transform your perception on life.

Our entire existence is experienced through our minds, and our perception on life can dramatically alter once we begin meditating. Being inspired to start meditating is very different from actually doing it. You'll only feel the benefits of meditation by beginning and maintaining a regular practice. In order to understand meditation, you need to do meditation. In order to calm your mind, you need to begin by sitting with your mind without distractions.

The first thing you need to do is to 'ground yourself'. This will 'get you in the mood' to meditate. Let's try some grounding exercises.



# Grounding Yourself 1



This is an exercise for you to use to calm yourself in times of stress and upset. It is ideal for bringing you back to 'the moment' and pushing your concerns and worries away.

Remove your shoes. Stand with your bare feet firmly on the ground, legs slightly apart, and allow your feet to really feel the support of the earth beneath you.

Take a few moments to find a relaxed posture – you may find that gently swaying around your hips helps you to settle into a relaxed upright posture. Make sure that your head is resting in a relaxed way upon your shoulders, just move your head around the shoulders slowly to find a relaxed position. Allow your back to relax. Allow your in-breath and out-breath to fill your chest and abdominal area. Rest your gaze at about 45 degrees or just ahead.

Now place your attention first on your feet, and then on the earth beneath your feet. Just feel the earth. Imagine that your feet have invisible roots pushing down into the earth. Push these roots as far as you can go.

Imagine now that your roots are contacting the fresh green energy of the earth. Allow this fresh energy to rise up through the roots into your feet. Now allow the earth energy up through your feet into your legs, up into your pelvis and abdomen. And then allow the earth energy to flow through your chest, heart and neck and shoulder area.

You are now grounded and ready to begin your meditation exercises.





# Grounding Yourself 2



Take your seat on a chair. Close your eyes and allow your attention to rest on your experience of your body in the chair.

Notice the areas of contact between your body and the chair. Notice the support the chair is offering to you right now. Become aware that the chair is supporting your body right now by carrying most of your physical weight.

Allow this to happen. Allow a comfortable sense of heaviness to spread through your body, supported and carried by the chair. Notice the rise and fall of your breath as you inhale and exhale. Notice any tension you are holding within your body, the neck, shoulders, down the arms, the weight of the head. Notice any tension in your back down the spine, into your buttocks, legs, ankles and feet. Notice any tension in your belly or chest.

Each time you notice any tightness or difficulty in these different parts of your body allow it to drain into your chair, be absorbed by your chair. Just rest in this experience of being supported by the chair for a few minutes.

Whenever you are feeling anxious, unsupported or lonely, return to this practice which helps to build a nourishing reciprocal role such as caring or supporting in relation to being cared for or supported.

Both of these exercises take practice so try to do your grounding exercises everyday until you feel comfortable and confident.



# Your First Meditation



You will need to get into a comfortable position. This can be in a chair or on your bed. There should be no distractions from the outside world so you need to find somewhere quiet.

Close your eyes and clear your mind. Think of nothing at all. Let your mind go blank. If you have difficulty doing this imagine a plain black screen and watch it.

When you first begin meditating, you may find it difficult to clear your mind because pesky little thoughts will keep popping into your head. Push these thoughts away until you are thinking of nothing at all.

Now concentrate on your breathing. Breathe naturally but feel the air going into your lungs and then back out. Be aware of how relaxed your body is feeling. The only thing that matters is this moment in time.

Begin to allow positive thoughts into your brain. Affirmations are a very good way of doing this.

Think about the previous exercise that you did making a seven day affirmation plan.

Use these positive thoughts to focus your meditation.





# Module 2

## *Progressing Your Meditation*



This second module looks at how you can progress your meditation in order to develop and grow as a person

# Progressing Your Meditation



Now that you have become accustomed to thinking of nothing, you can now begin to allow thoughts to come and go through your mind without judgement.

A thought is just a thought. It isn't a reality, it is a function of your mind and you can control it.

## *The Thought Shop*

Imagine that you are sitting in a small shop. You are simply there to observe and not interact with the customers or staff. As you sit there in your safe corner, you watch the customers come in and go out of the shop.

Now imagine that those customers are the thoughts in your head. The thoughts come into your mind and they go out again.

Recognize that they are just thoughts. You don't have to engage with them, you don't have to keep them in your shop. If you don't like the thought you can simply watch them go out the door.

These thoughts cannot harm you, they are just a mind process. They are not what is happening right now.

# New Ideas and Revelations



Once you have become used to allowing thoughts to come and go without judging them and without engaging with them, your mind will become used to letting bad thoughts go on their way.

This will open your mind to new ideas and thoughts coming into your mind. These thoughts might offer a solution to a problem that you have or they may be a new message for you about your strengths and qualities.

For example, you may be going for a job interview and your mind may think about what you could do to prepare for the interview.

It may be reassuring you that you can 'do this'.

Positive thoughts will come once you have learned how to treat the negative thoughts.

Creative ideas come when you have decluttered your mind of unhelpful thoughts.

This all takes practice but you can do this.



# Meditation Reflection



*What was my affirmation for today?*

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*What positive thoughts came to my mind today?*

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*How do I feel after today's meditation session?*

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# Positivity And Creativity



Think about your affirmations. You can target these to specific areas of your life that need to be adjusted.

Physical, Intellectual, Emotional, Spiritual, Career, Problem - Solving... Any area that you are facing a challenge in can be altered by being positive and allowing you mind to work it out in a creative way.

Begin with your affirmation. Make a positive statement about the area of your life that you want to work on. If this is an 'intellectual' issue, your affirmation might be, "I can find a course to help me learn...(topic)."

While you are meditating, repeat your affirmation and see what thoughts come into your mind. You might think, "I wonder if there are any YouTube videos about it that are free" or "I wonder if there is an online course that I could study at a time that is right for me."

The old you may have thought, "I don't have those skills so I can't do it" but now you have learned to control negative thoughts, your creative mind is free to find a solution.



# Meditation Solutions Worksheet



*What problem did I focus on today?*

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*What thoughts came into my mind?*

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*What possible solutions to my problem came into my mind?*

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# Daily Reflection



Each day you should take time to reflect on your day to bring positivity to your experience. Even on the worst days, there will have been something that is positive. For example, the taste of the apple you had at lunch, or the smile that the shop assistant gave you. You may also think about the things you are grateful for such as a warm bed to sleep in or the fact that you have eaten today. These are real things and they are good things. They may be small things in your life but there are so many people who don't have these basic things and you need to be grateful for them.



When things go wrong, you need to see them as a learning opportunity. How could you have done things differently?

How can you let the bad things go and react differently in the future to make a more positive situation?

Get into the habit of doing daily reflection and writing your thoughts down. You can keep it as a record to look back on.



# PERSONAL REFLECTION

DAY: \_\_\_\_\_

## THINGS I WAS HAPPY WITH TODAY


## THINGS I WAS LESS HAPPY WITH TODAY


## THINGS I LEARNED TODAY


## HOW WOULD I HAVE CHANGED MY ACTIONS OR THOUGHTS TODAY?




# WEEKLY REFLECTION

WEEK: \_\_\_\_\_

THINGS THAT STRESSED ME

HOW TO HANDLE THEM?

## THINGS I'M GRATEFUL FOR THIS WEEK

MONDAY	TUESDAY

WEDNESDAY	THURSDAY	FRIDAY

SATURDAY	SUNDAY



# MONTHLY REFLECTION

DATE: \_\_\_\_\_



THINGS I NEED TO LET GO	FEARS I HAVE TO OVERCOME
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

PEOPLE I NEED TO RECONNECT WITH	THINGS I NEED TO TRY
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

HOW HAVE I HONORED MYSELF	WHAT MAKES ME EXCITED
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

# THANK YOU

*“If you meditate regularly, even when you don’t feel like it, you will make great gains, for it will allow you to see how your thoughts impose limits on you. Your resistances to meditation are your mental prisons in miniature.” - Ram Dass*



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