



Checklist

- iPad
- Laptop
- HDMI TV connection
- Password
- Bell
- Clicker
- Water
- Handouts
 - Resilience Challenge
 - Questions
- Evaluation Forms



How to Meditate

Stanley Merrill

April 21, 2020

Luna

Guided Meditation



- Long Slow Breath
- Counting
- Gratitude



Review The Problem

CIRCUMSTANCES Out of our Control

Illness

Difficult People

Personal Loss

Financial Loss

Failure

Old Age

Our Reactions In our control

Fear and Anxiety

Anger and Hatred

Reactivity

Catastrophizing

Helplessness

Blame

The Question – Are our reactions Helpful?



Serenity Prayer

- Grant me the serenity to accept the things I can not change.
- The courage to change the things that I can and
- The wisdom to know the difference.

The Challenge
Maintain serenity in spite of problems we can not fix



Cheri Huber – The Key

- No one, no thing, can take your peace, your joy, your adequacy, away from you. You have to give it up voluntarily. And we give it up so easily, for just about anything: other people's opinions, late meals, long lines, red lights. ..



Solution Skills of Resilience

Striving – values - realistic goals

Wisdom
Education
Experience

Psychological insight - People Skills

Gratitude – Humility

Aspirational
Practices

Grit - Confidence

Agency – Take responsibility - Discipline

Meditation

Awareness – Calmness – Objective observer



The Solution

Four Approaches

- Formal Daily Practice – (Body Scan – Training Wheels)
 - No disruptions.
 - Focus on a bodily sensation
- Mindfulness – Next week
 - Ability to be conscious of what you are doing.
 - Not lost in thought
- Aspirational Practices
 - Thinking nurturing supporting thoughts that can alter your disposition
 - Gratitude
 - Compassion
- Micro Practices – Short – Done throughout the day
 - Aspirational – Gratitude – Compassion
 - Focus and Concentration – Long Slow Breath – Counting while breathing

Resilience

Sense of Well Being

A

Sense of well-being

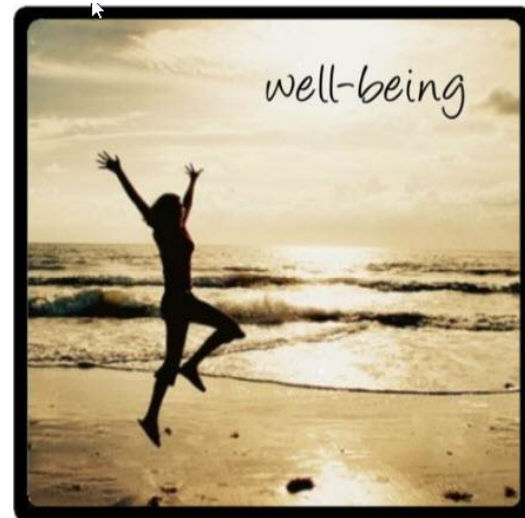


In spite of
the inevitable challenges of life.

Resilient Disposition

Sense of Wellbeing

- Awareness
- Calmness
- Optimism
- Confidence
- Proactive
- Relaxed
- Peaceful





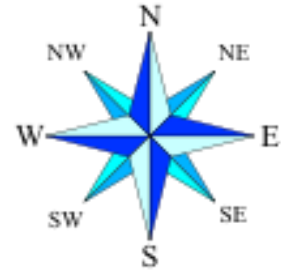
Meditation and Mindfulness

What is in common

- Jon Kabat- Zinn
 - Paying attention
 - On Purpose
 - Present Moment Awareness
 - Non judgmental



Am I doing it right?



- Do you have a felt sense of present moment experience?
- Are you aware of what you are aware of?

Guided Meditation



- Long Slow Breath
- Counting
- **Body Scan**
- Gratitude



Recommendations

- Progress not perfection. Meditation is a practice.
- Patience – It takes time and practice
- Commit to one long slow breath a day.
- Goal is NOT stopping thoughts but being aware of them.
- Goal is to cultivate a kind attention.
- The obstacles such as being tired, bored and or lazy are opportunities to practice kindness, dedication, persistence, confidence and acceptance.



Recommendations

- Every meditation is a good meditation.
- Doing the practices regularly helps strengthen your practice. It is like a truck going up the hill. If you keep doing it every day you develop momentum.
- Be curious. Have a beginner's mind. Really be curious about your everything you notice: thoughts, sensations, sounds, emotions ..
- Do as many short informal practices as you can
- Make it fun!



Tips

Daily Meditation

- Meditate the same time each day. Preferably in the morning.
- Start out with long slow breath
- Next do training wheel techniques
- If you feel focused
 - Drop the techniques and just focus on the breath.
 - If you get frustrated do that go back to training wheel techniques.
 - Dropping the training wheels is challenging and takes a long time

After class. What's next





Optional Homework

- Morning and evening - 5 minutes
 - Training Wheel Meditation or
 - Body Scan
- Gratitude aspirational practice
 - Twice a day.
- Throughout the day
 - Are your thoughts helpful?
 - Are they true?



Questions?

