



Checklist

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



How to Meditate

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Luna



Check In

Tense

Distracted

Fearful

Hopeless

Angry

Calm

Present

Confident

Optimistic

Compassionate

Guided Meditation



- Long Slow Breath
- Counting
- Body Scan
- Gratitude



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Questions

- If you don't want to say anything it is OK.
- Share your experiences
 - Was there a difference in check in before or after
 - Today's meditation.
- Applying body scan to help you sleep.
- Did you look at "Integrate and Embody" and have any comments.
- Any questions?

Resilience

The Goal - Our disposition

A
Sense of well-being



In spite of
the inevitable challenges of
life.

- Calmness
- Optimism
- Grateful
- Confidence
- Proactive
- Grit

Resilience The Skills



Striving – values - realistic goals

Psychological insight - People Skills

Gratitude – Humility

Grit - Confidence

Agency – Take responsibility - Discipline

Awareness – Calmness – Objective observer

Wisdom
Education
Experience

Aspirational
Practices

Meditation



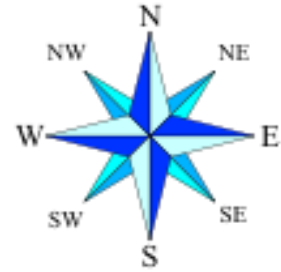
Meditation and Mindfulness

What is in common

- Jon Kabat- Zinn
 - Paying attention
 - On Purpose
 - Present Moment Awareness
 - Non judgmental
 - Not being driven by dramatizations
 - Judgment
 - You need discernment
 - You don't need negativity)



Am I doing it right?



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

**Whenever you are bored or lost in thought
Ask yourself these questions!
Refocus on present moment experiences!**



Recommendations

- Progress not perfection. Meditation is a practice.
- Patience – It takes time and practice
- Begin with a reasonable commitment
 - One long slow breath a day is enough to start!!
- 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.



Confidence Micro Practice

- Think of your proudest of accomplishing
- Think of all the compassionate things that you have done in your life.
 - What does it feel like in your body when you think of this.
- Think of something challenging
- Affirmations - Confidence
 - "I will do my best"
 - "I can make it work"
 - "I can learn and grow from this experience"
 - "I can and I will"
 - "I will not give up"
 - In your own words
- If it inspires you, do this throughout the day.
 - Waiting, Between activities,
 - Before and after stressful events



Feedback

- Did any affirmations work for you.
- Do you have an affirmation to recommend.



Recommendations

- Every meditation is a good meditation.
 - You tried.
 - Next meditation will be easier.
- 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
 - Long slow breaths, Gratitude, Confidence!
- Make it fun!



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



Micro Practice

2 Minutes

- Combination
 - Long Slow breath
 - Count 1 as you breathe in
 - Count 2 on your second breath.
 - See how many breaths you take in 2 minutes.
- Do this throughout the day.

Guided Meditation



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

After class. What's next





Next week Mindfulness

- Bring something small to eat:
 - A couple of raisins
 - A couple of slices of orange
 - A couple of small pieces of chocolate.
- I will send an email unless you object.



Optional Homework

Integrate and Embody

- PDF File with more details.
 - Feedback?
 - Google – Search Inside yourself
- 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?

BeingMindful.com



- Email: Stan@BeingMindful.com
- Go to BeingMindful.com
- Resources -> Handouts -> Luna Recovery
 - PDF of Slides,
 - Feedback link
 - Integrate and Embody
- Permission to email it to you.

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Questions?

