

Habit #7

MEDITATION

What we are today comes from our thoughts of yesterday,
and our present thoughts build our life of tomorrow.

Our life is the creation of our mind.

~ Buddha

Quick Notes

- Think of it like a peaceful mini vacation
- Trains your mind to think differently
- Connects you to your inner wisdom
- Gives you perspective
- Lets you be present
- Quiets your mind, slows down your thoughts
- Perfect “Break-State”

Effects of Meditation

- Boosts brain function: decreases activity in the areas of the brain associated with negative thoughts, anxiety, and depression, and increases activity in the areas associated with joy, contentment, and peace
- Improves memory, attention and concentration
- Decreases stress, anxiety and depression
- Makes you feel calm, peaceful and at ease
- Improves cardiovascular health and boosts immune system
- Increases connection with others
- Supports a healthy lifestyle

Mindfulness Meditation

- Sit in comfortable position, check your alignment
- Relax your body starting at toes up over your body
- Slow down and deepen your breathing, let it become more rhythmic
- Split your attention. Some on your breathing and relaxation, some on your thoughts
- The thoughts don't stop (that's not the goal).
- Acknowledge them and let them go
- Cycle through this repeatedly