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Intro to Meditation

Meditation - a practice to go within and observe our thoughts, emotions, and feelings, it's through this awareness that you can quiet the mind. In meditation we experience inner peace, compassion, and a connection to our inner self. There are many ways to meditate and there is no right or wrong way to meditate, it's simply finding a style that works for you.

Benefits of Meditation:

- Reduces stress, anxiety, and depression
- Improves digestion
- Lowers inflammation and pain in the body
- Promotes a restful nights sleep
- Helps you hear your intuition
- Increases resilience and helps you handle difficult situations
- A connection with your higher self
- Promotes happiness and compassion towards self and others

Each time you meditate you build on the practice before so it gets easier with time!

Start small with 5 minutes of meditation a day and work your way up to 20 minutes.

Create a sacred space to meditate, one that's comfortable and easily accessible. You can add crystals, plants, or anything else you enjoy.

Different styles of meditation:

Guided Meditation - listening to an audio or video that guides you through a meditation. Teachers such as Deepak Chopra, Mandy Trapp, or Davidji have guided meditations available online. Some good meditation apps include Insight Timer, Calm, and Headspace.

Body Scan -Bringing awareness to your body starting from the top of your head and ending at your toes. Body scans are usually followed by a guided meditation or can be done at the end of a yoga practice.

Breath Meditation - Noticing your breath, if your mind starts to wander gently bring your awareness back to your breath. It's great to start with a few deep clearing breaths and then allow your breath to return to normal while you gently witness it.

Chakra Meditation - Chakras are energy centres in the body that filter energy. When our chakras are open we are healthy, happy, and functioning optimally. When there are blockages in our chakras we start to experience pain and “dis-ease.” Thankfully the chakras are easy to balance and meditation is a great tool to open your chakras. You can find guided Chakra Meditations online or practice yourself by visualizing the colour of each chakra where they are located or repeat the mantra associated with each chakra.

Mantra Meditation - We repeat a mantra over and over silently in our mind (we can say it out loud but this is known as “chanting”) when thought arises (which it will) we notice without judgement and drift back to our mantra.

Some popular mantras - OM (contains all vibrations of the universe), Sat Chit Ananda (Truth, Consciousness, Bliss) Sat Nam (Truth is my name), Sat Nam (I am that)

What type of meditation do you think you will like?

Try different styles until you find one you enjoy!

How to meditate:

Find a comfortable spot either sitting or laying down. Choose which meditation you'd like to practice.

Set a timer on your phone for how long you'd like to meditate or the Insight Timer App has a great timer to use during meditation.

Start repeating your mantra, focus on your breath, or listen to your guided meditation. When your mind starts to wonder, gently bring your awareness back to your breath, mantra, or guided meditation.

When your meditation is over gently bring your awareness back to the body, taking any movement that feels right. When you are ready gently open your eyes!

Congratulations you just meditated!



Hearing your Intuition and Divine Guidance during Meditation:

The more you meditate the more you will receive insights and intuitive guidance during your meditation. When the mind is quiet you can easily hear your intuition. Here are some other ways you can access your intuition during meditation.

Intention - Set the intention to connect with your inner self and hear any guidance you need today.

Ask a question - Before your meditation begins ask a question you are wanting an answer to. You may receive guidance through the form of a visualization, knowing, feeling, or hearing.

The 4 Soul Questions - Before you begin each meditation session, ask yourself the 4 soul questions: Who am I? What do I want? What am I grateful for? What is my purpose in life?

As you continue to ask the questions and spend time each day in meditation, the answers will come. Maybe when you're meditating or perhaps when you're out in the world going about your everyday activities. Pay attention to any insights you get (this is your soul's calling) and write them down.

Meditation will bring you greater self awareness and help you live in alignment with your true self which will allow you to live your purpose!