

MEDITATION PRACTICE GUIDE



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UNDERSTANDING MEDITATION

What is meditation? There are many ways to define meditation, and with practice and experience with meditation you will find your own understanding. Meditation is not about achieving a quiet mind. Although a quiet mind space can arise out of a meditation practice it is not something to get attached to. Meditation is a tool for building awareness of the self in relation to your mind, body and emotions. It is a practice of you being with yourself and acknowledging what arises (without attaching yourself to the experience). In this way meditation could look like you sitting in silence and focusing on your breathing, or it could be feeling your whole body move as you walk/run, or it could be painting and letting your body become part of the art; meditation is not about what you do but the way in which you do it.

Often our minds talk to us throughout the day but many of us are not aware of the narrative. It will feed us thoughts, opinions, beliefs that impact how we see the world and therefore how we interact with the world. If we learn to become aware of our minds tendencies we can then begin to choose what thoughts we believe and how we want to perceive our life. Do we choose the perspectives that feel good in our body or do we let our circumstances dictate how we feel? So in some ways meditation can be considered a practice of taking responsibility for our life experience.

Final tips:

Be consistent - Practice every day, even if just for a minute.

Try something new - Find the meditation practices that work for you (be open to this changing over time)

Take the pressure off - It's not about getting anywhere, but instead fully being where you are right now.

If you have questions or want to share your experience, you can find me here:

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Following are some examples of different types of meditation to try:

BE STILL: Take some time for yourself to sit in silence. You can use your breath, heart beat, or senses (e.g. sounds) as your point of focus (anchor point) to keep you present. Breathe slowly in and out through your nose.

COUNTED BREATH: Sometimes it can help to count your breathing in meditation, 4 seconds in, 6 seconds out - the idea here is to focus on your out-breath and

CONSCIOUS DAYDREAMING: Use your creativity to create a scenario in your mind that you would like to manifest. Focus your attention on all the aspects that feel good to you and feel the sensations that arise in your body. Embody it as though it were real in this moment.

FEEL THE EMOTION: Choose an emotion that you'd like to feel, (e.g. joy, love, abundance, clarity, grounded, calm, fun, appreciation) and fully focus your attention on that emotion. Embody the emotion and notice how you feel, look, sound, move and see the world through that emotion.

HEART CENTERED: Place your hands over your heart centre and focus move your awareness from your mind space down into your heart.

JOURNAL: Using pen and paper, write whatever comes up. If you feel stuck below are some **journal prompts** to get you started:
What am I proud of myself for? What is something I have been holding onto but am now ready to release? If you knew you had nothing to lose, who would you be, how would you act, what would you do?

NOTES: Set a timer to give yourself structure (it could 1 minute or 20 minutes). During that time focus on inner exploration of your mind, body and emotions.