



MEDITATION AND MINDFULNESS

Yay Mexico! VIP Coaching with Fawn...



About Me and How I embraced Meditation

- From India to Hawaii
- Marriage and the roller coaster
- Love of my life - my children
- Solitude
- Effects of Meditation
landscape for ever!

And how it changed my inner



Intention and Quotes

Setting Intention: I am participating in my own health and well being.

Helpful question to ask: *What am I trying to do right now?*

“As long as you are breathing, there is more right with you than wrong with you, no matter what’s wrong with you.”

“You are not your thoughts and your thoughts don’t control you, you are the awareness that is watching your thoughts.”

Various types of meditation

Zen, Mantra, Transcendental, Insight, Dynamic, Isha, Raja Yoga, Mindfulness

No universally accepted best technique, different across cultures

Choose the one that best suits you or just simply breathe with awareness!

RAISIN EXPERIMENT...cultivating mindful eating

Holding - the raisin in the palm of your hand

Seeing - gaze with full attention

Touching - Explore it's texture, turn it over

Smelling - Take in any smell, aroma or fragrance.

Placing - Bring it up to your lips without chewing

Tasting - Chew very slowly without swallowing yet.

Swallowing - Notice the motion of swallowing from your mouth-chest-stomach.

Following - Sense how your body as a whole feels.

AMBIENCE

Let these be aids, not crutches!

Choose one or all

- Sacred and inviting space whatever that means to you
- Silence or less noise if possible
- Candles or incense
- Calming music

Nine Attitudes of Mindfulness

Beginner's Mind - seeing things as if for the first time. New moment.

Non-Judgement - No good or bad. Not judging other or ourselves.

Patience - Being open to every moment as it happens without rushing.

Trust - Cultivating a deep trust in ourselves, our body, and intuition.

Non-Striving - Allowing without trying to change.

Nine Attitudes of Mindfulness (contd.)

Accepting - Seeing things as they are.

Letting Go - By not clinging or grasping.

Gratitude - Wonder and abundance without taking things for granted.

Generosity - brings joy to others and self.

RESOURCES

Headspace or Calm App

Jon Kabat Zinn

Pema Chodron

Michael Singer

Isha Yoga

Kid's anxiety: Go zen

<https://www.headspace.com/meditation/how-to-meditate>

<https://www.youtube.com/watch?v=rpJYACy8Zol>

GUIDED MEDITATION

- Calming background music if you wish.
- Take 3 deep breaths to relax and center before beginning.
- Set intention.
- Sit in a comfortable position with your back straight.
- Close your eyes.
- Put one hand on the chest and the other on the belly button.
- Notice your breathing between your belly and chest.

Q&A

Thank you

Homework if you wish:

-Start with 1 minute and move up to 7 minutes of meditation this week (with/without timer).

-Mindful eating : Eating first 3 bites of your meal mindfully.

- Post-it reminder on your laptop or screen: “You are amazing just the way you are...take one deep breath”!

My deepest gratitude to all for allowing me to share my practice with you. May the fruits of inner knowing and meditation blossom in your life!

