

NAB Communities Commits to Enlightened Living WISDOM | MEDITATION MONDAYS



"Acknowledge the chaotic mental chatter that resounds throughout your mind...Meditate with the breath to quiet the mind." —Dashama, *Journey to Joyful: Transform Your Life with Pranashama Yoga*

Why meditate? Recent studies from the Shamatha project—the most comprehensive study on the psychological and physiological effects of meditation to date—have shown that meditation doesn't only

heal the body and mind but can also potentially reverse some of the effects of aging as well!

Learning to let go of expectations, attachment, and judgment of others and yourself through meditation is instrumental to finally quieting the voice of negativity and ultimately changing your life for the better. Learn how to start your week right. Join us at NAB Communities for *Meditation Mondays* and kick-start your burgeoning meditation practice!

Join Us in Meditation... MEDITATION EXERCISES

Presence Meditation

Sit for 30 minutes, first with a feeling of calm settling, and then try to practice neutral observation. The observing attitude is not located in any special area, but you can choose to let it have a concrete base—a steppingstone, so to speak. Your focus can be your heart, your vertical centerline, or your breathing. This is called "neutral observation with a base." It is important not to place the observer or witness in the head, or above or behind you. It's easy to fall into doing so, perhaps because of the wording—after all, the eyes are placed in the head—and because we are so used to experiencing the world through mental perception.

From Presence Meditation: The Practice of Life Awareness by Jens-Erik Risom

You Are Not Your Emotions Meditation

Breathe gently and deeply, and with openness be in the center of your head.

Explode your old grounding cord and male- or female-ground.

Allow the energy of an emotion to go out in front of you, let it unfold, and notice the space it initially takes. Explore how it changes.

Notice that there is a "you" that isn't your emotion.

Allow your emotion to take its full and natural size.

Continue to notice how “you” experience your emotion but aren’t your emotion. When through, create and destroy roses, then recycle the energy from your pictures back through your crown.

Explode your old grounding cord and male- or female-ground.

Replenish your body and aura with golden cosmic energy.

Bring up just the right amount of earth energy for your body and aura at this time.

Thank your body for being willing to change and grow.

Breathe gently and deeply, stand up, stretch, and reverse polarities.

You may find it useful to make some notes of your experience.

From Psychic Psychology: Energy Skills for Life and Relationships by John Friedlander & Gloria Hemsher

Warmth and Light Meditation

Lie down on your back in a comfortable position. Take care that you have enough room to stretch out your arms. Your hands first touch your chest below the collarbones at the height of your heart. Try to visualize the size, function, and place that your heart occupies in your body. Sense the movement of your breath under your hands. Maybe you can feel your heart beat.

Brush from your chest to your collarbones sideways over your ribs and under your armpits. Relax. You may imagine that warm light is spreading through your chest when you inhale, and that it shines through the interior of your arms and hands when you exhale.

Then brush your left hand over your right collarbone, then over the joint of your right shoulder, over the inner side of your right arm, up to the palm of your right hand. At the end, your palms will be touching each other and you turn on your right side. Relax. Then brush your left hand down and turn onto your back. Repeat the movement several times on both sides. If you like, you could imagine that as you brush down your arm, your arm and hand fill with warm liquid. Then as you brush back up the arm toward your chest, it empties and the warm liquid flows back into the heart.

Stand up and move your hands. Imagine that your hands are connected with your heart by warmth or light. While you are imagining this, make some everyday movements with your hands. Be aware of what you are sensing, thinking, and feeling.

From Centered and Connected: A Therapeutic Approach to Mind-Body Awareness by Thea Rytz

Heaven and Earth Meditation

Get as comfortable as possible while sitting in a chair with your feet firmly on the floor. Imagine that you are a mighty tree, e.g. a grandfather oak or redwood. Visualize your roots dividing into two major sections.

Send these roots down through your feet to the earth and anchor them in the bedrock at the Earth’s core.

As you inhale, imagine that you are drawing up vibrant and nurturing Earth energy. Give it a color, if you wish.

Visualize this warm and secure Earth energy moving up through your feet into your legs and torso.

Imagine that it is filling your entire physical body and each chakra, all the way to the top of your head.

As you exhale, allow this energy to mix with the energy of the cosmos.

Now imagine a radiating White Light above the top of your head.

Allow it to cascade into your body, as though your body were a glass vessel.

Visualize this White Light moving down from your feet into the core of the Earth.

Repeat this complete cycle three or four times.

Notice how solid and secure you are now feeling, and then open your eyes.

*From *Spiritual Clearings: Sacred Practices to Release Negative Energy and Harmonize Your Life* by Diana Burney*