



Meditation methods

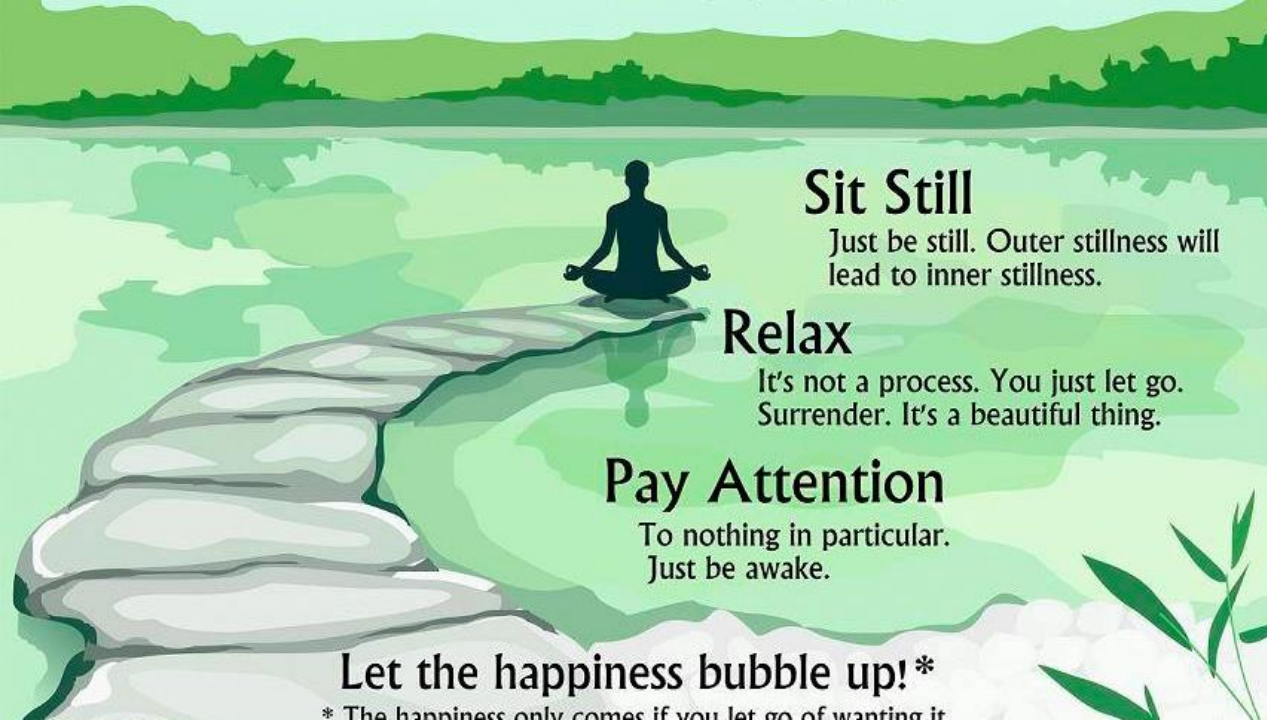
Composed by David Benzshawel

?s to email

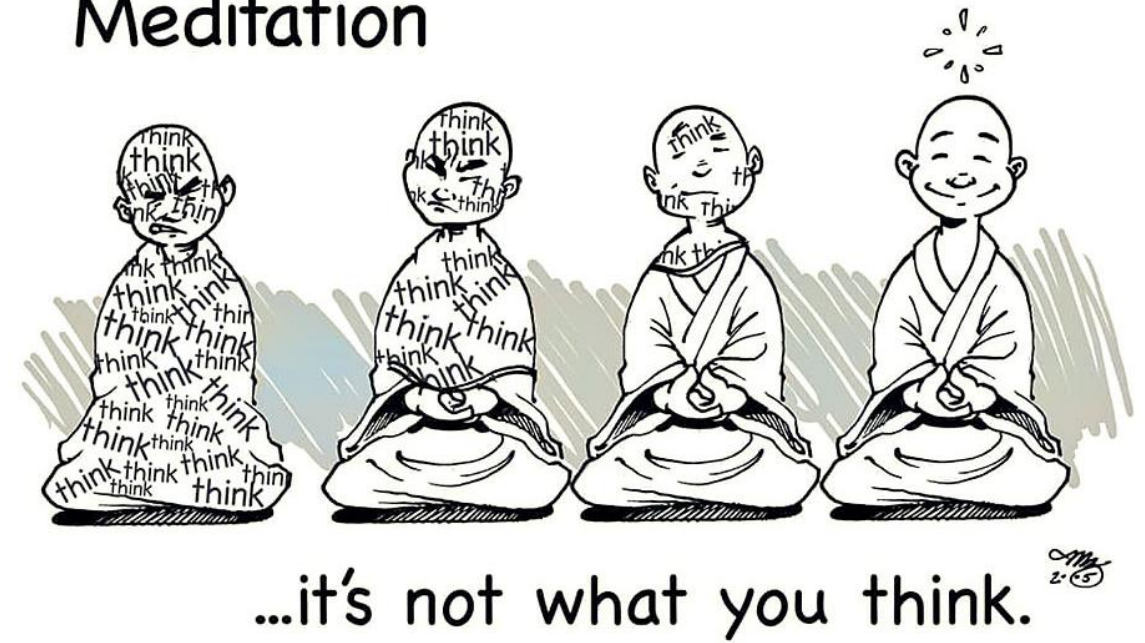
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Meditation methods are ways that you can try to learn about meditation...find one that resonates with you & your life....

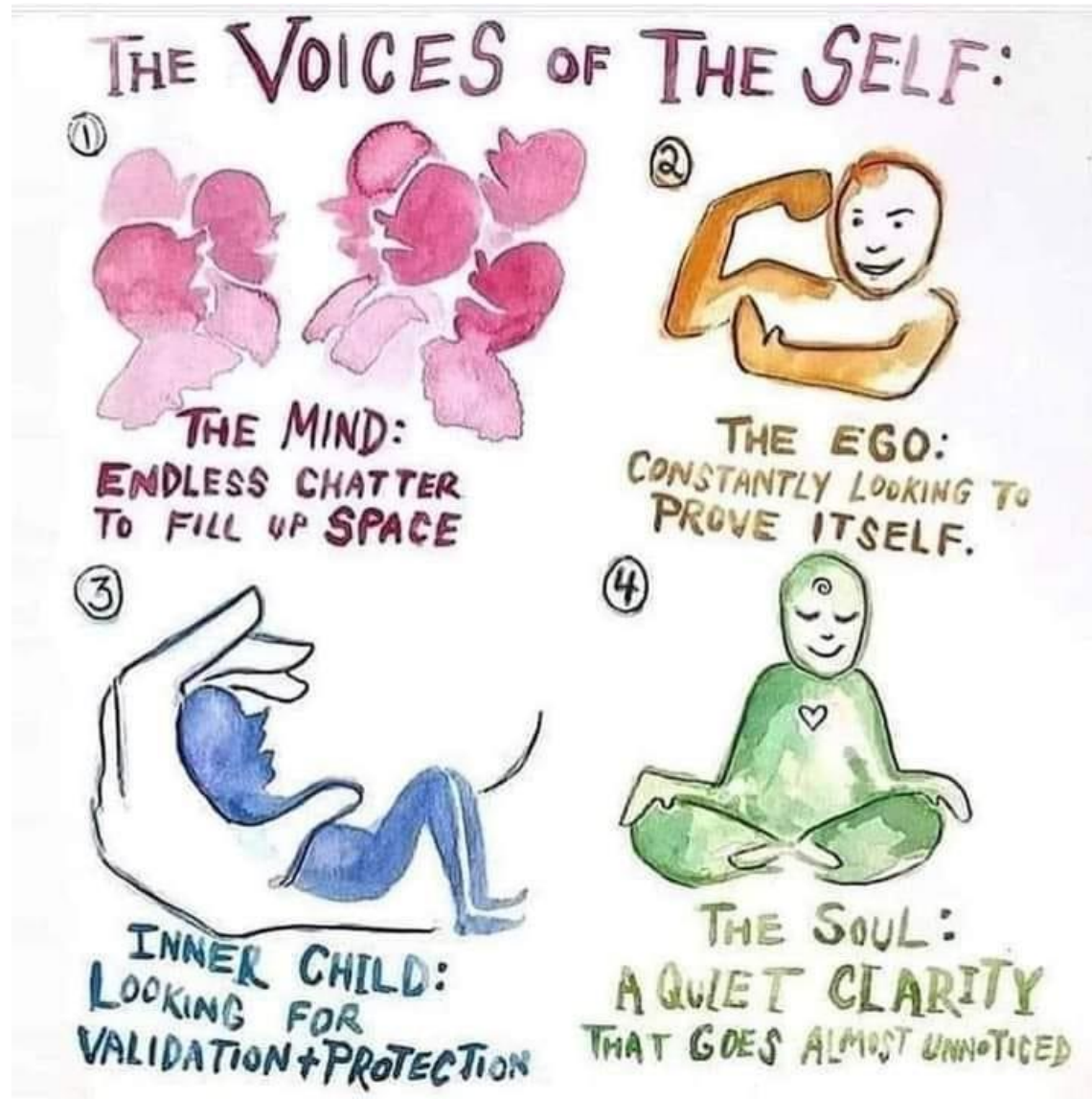


Meditation



- You do NOT need a teacher....learn by doing
- A helpful series on Netflix is " Guide to Meditation" that has a guided meditation & shares 8 different ways to meditate
- Find a methold that feeds your soul....

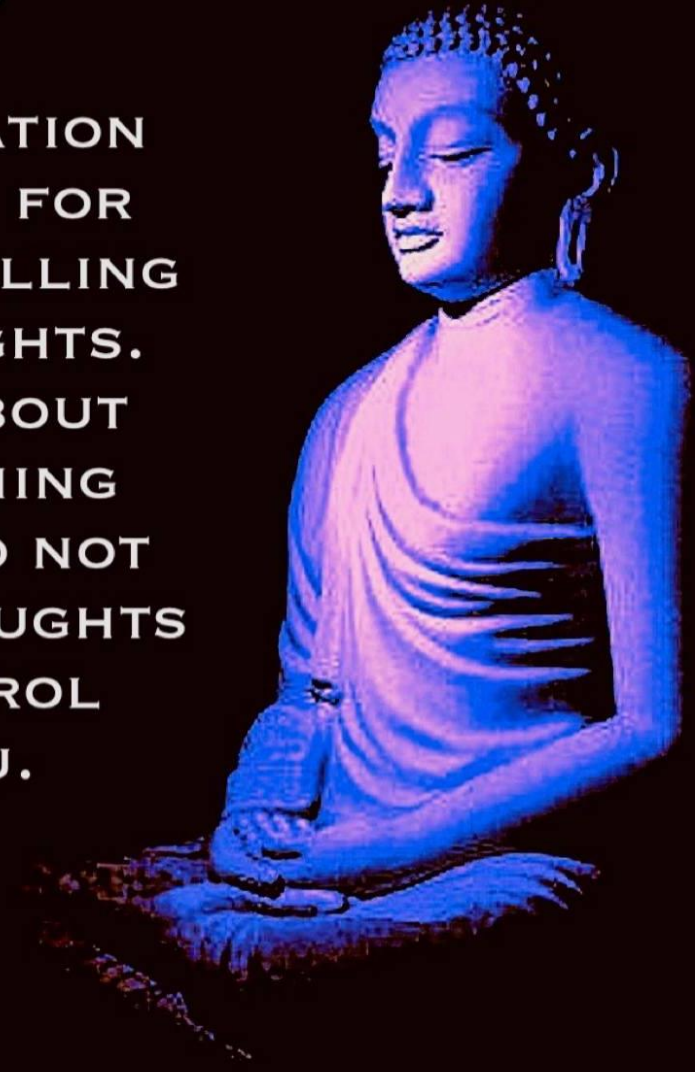
How to begin.....



Buddhist say we have a monkey mind that jumps from thought to thought....focus not on the passing thought but strive to find calm & peace....



MEDITATION
IS NOT FOR
CONTROLLING
THOUGHTS.
IT'S ABOUT
LEARNING
HOW TO NOT
LET THOUGHTS
CONTROL
YOU.




Be Here Now....

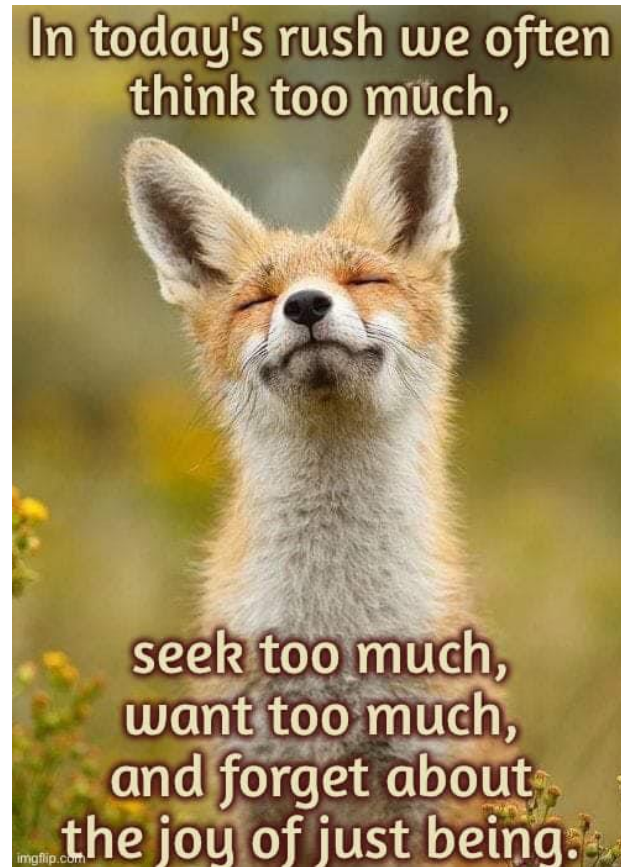
- For me meditation is learning how to retrain my mind....change negative self talk into a more positive approach
- I strive to reframe a negative thought into a more positive outlook...so when the negative thought appears again I say "NO that is no longer true for me I NOW see it this way....."
- The goal for me is to calm & center the mind...to allow it to rest deeply....the dalai lama says "sleep is the deepest form form of meditation"

Change your mind talk.....

- Rewire & train the mind....here are some ideas to try
- By changing your self talk you will be rewiring your mind into a more positive mindset
- The mind creates the reality we choose to live in....change the mind will change your reality you are creating for yourself

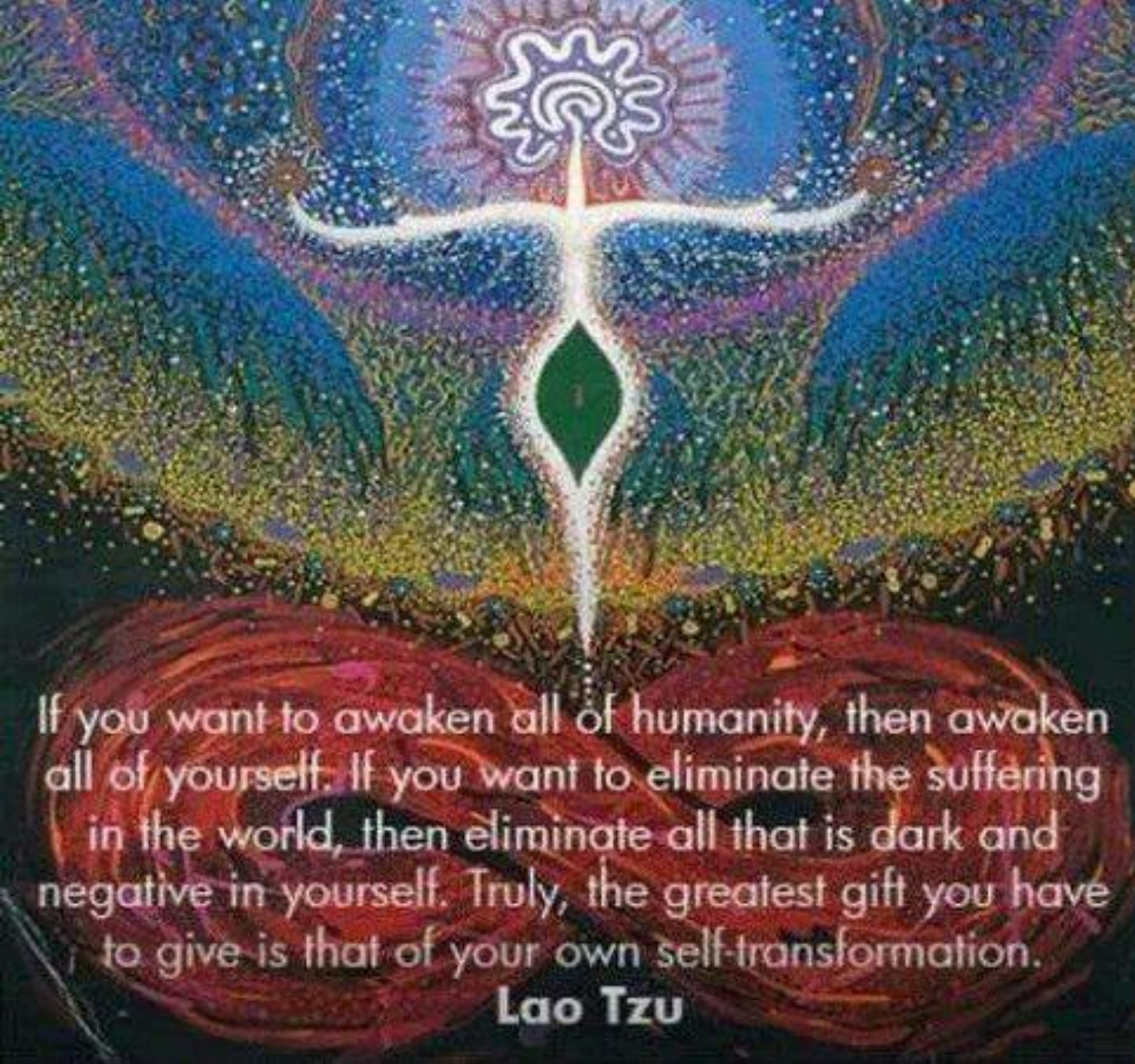
CHANGE YOUR WORDS, CHANGE YOUR MINDSET 	
HAVING A GROWTH MINDSET MEANS WE BELIEVE WE CAN IMPROVE OUR ABILITIES IF WE WORK HARD AND CHANGE THE WAY WE LOOK AT CHALLENGES AND MISTAKES. SHARE THESE PHRASES WITH YOUR CHILD TO ENCOURAGE A GROWTH MINDSET.	
INSTEAD OF SAYING THAT	SAY THIS!
IT'S TOO HARD.	I'LL KEEP TRYING.
I CAN'T DO THAT.	HOW CAN I GET BETTER AT THAT?
I GIVE UP.	I WILL KEEP WORKING!
I'M AFRAID I'LL MAKE A MISTAKE.	MISTAKES ARE HOW WE LEARN BEST.
THEY'RE SMARTER THAN ME.	WHAT CAN I LEARN FROM THEM?
THIS IS HARD.	THIS MAY TAKE SOME TIME AND EFFORT.
I'M A FAILURE.	I CAN LEARN FROM MY MISTAKES.
I DON'T GET IT.	WHAT AM I MISSING?
I HATE TO BE WRONG.	IS THIS REALLY MY BEST WORK?
I DON'T LIKE OTHERS TO DO BETTER THAN ME.	I'M GOING TO FIGURE OUT WHAT THEY DO AND TRY IT!

Move from Doing to Being



" We mostly spend our lives conjugating three verbs:
to Want, to Have and to Do,
Craving , clutching, and fussing,
on the material, political, social,
emotional, intellectual,
even on the spiritual plane,
we are kept in perpetual unrest:
forgetting that none of these verbs have any
ultimate significance,
except so far as they
are transcended by and included in,
the fundamental verb
To Be:
and that Being
not wanting, having and doing,
is the essence of
as spiritual life."

from The Spiritual Life by Evelyn Underhill



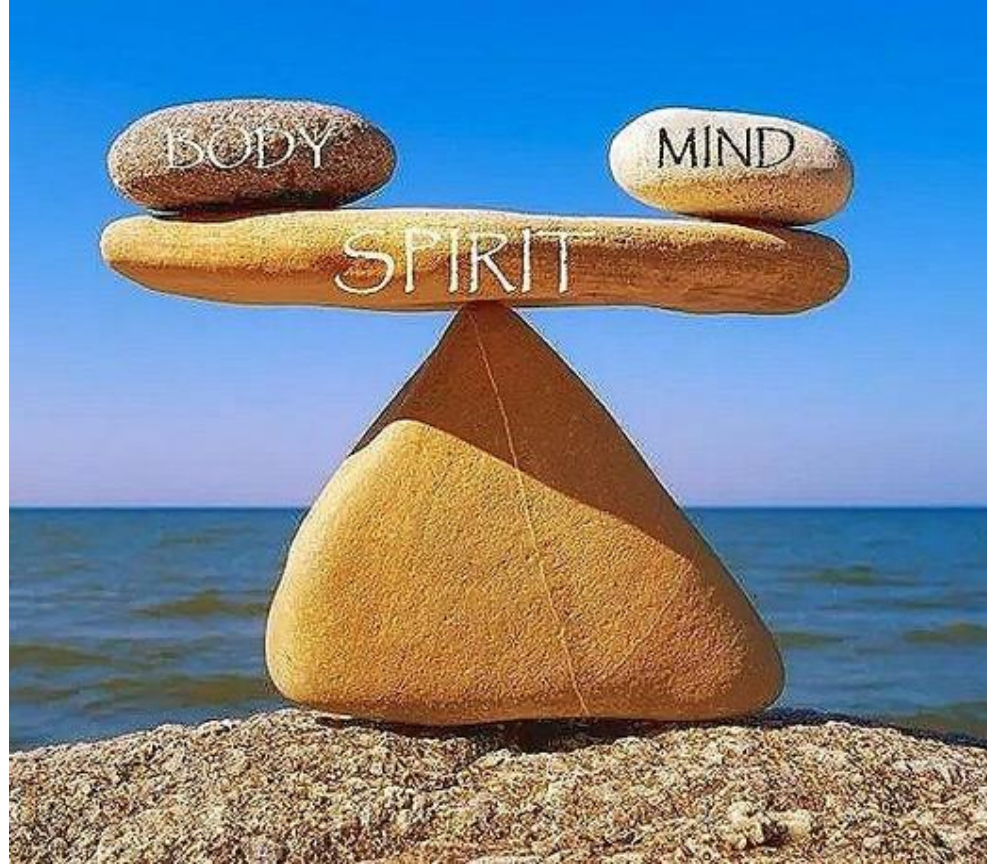
**By transforming
ourselves ...we
begin to help
transform our
world.....**

If you want to awaken all of humanity, then awaken
all of yourself. If you want to eliminate the suffering
in the world, then eliminate all that is dark and
negative in yourself. Truly, the greatest gift you have
to give is that of your own self-transformation.

Lao Tzu



Self-control is strength. Calmness is mastery. You have to get to a point where your mood doesn't shift based on the insignificant actions of someone else. Don't allow others to control the direction of your life. Don't allow your emotions to overpower your intelligence.



For me meditation is a method of mind training/rewiring that helps calm & center the mind in order to find more balance in myself in my body, mind & spirit....

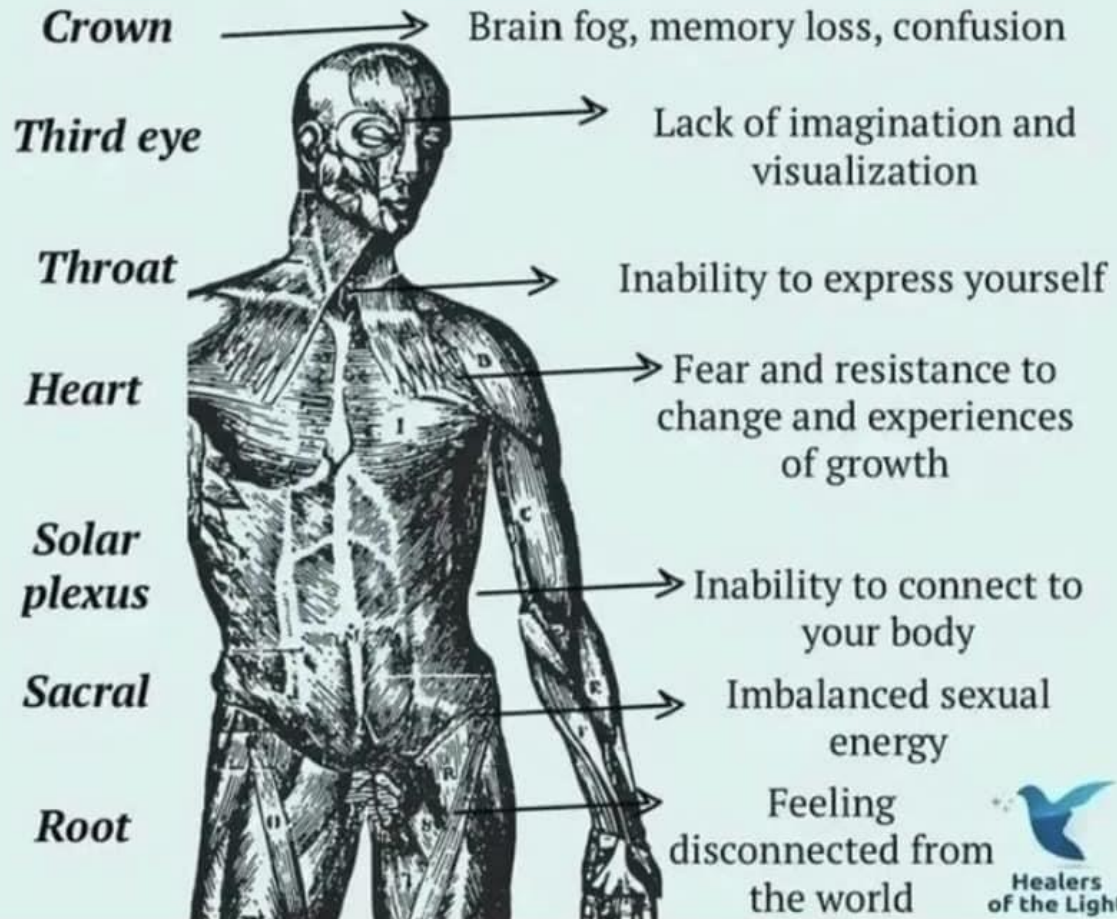
I try to meditate twice a day & use the same instrument music each time as a way of saying to the mind now is the time we are just going to relax , let go and go with the flow...

BENEFITS OF MEDITATION



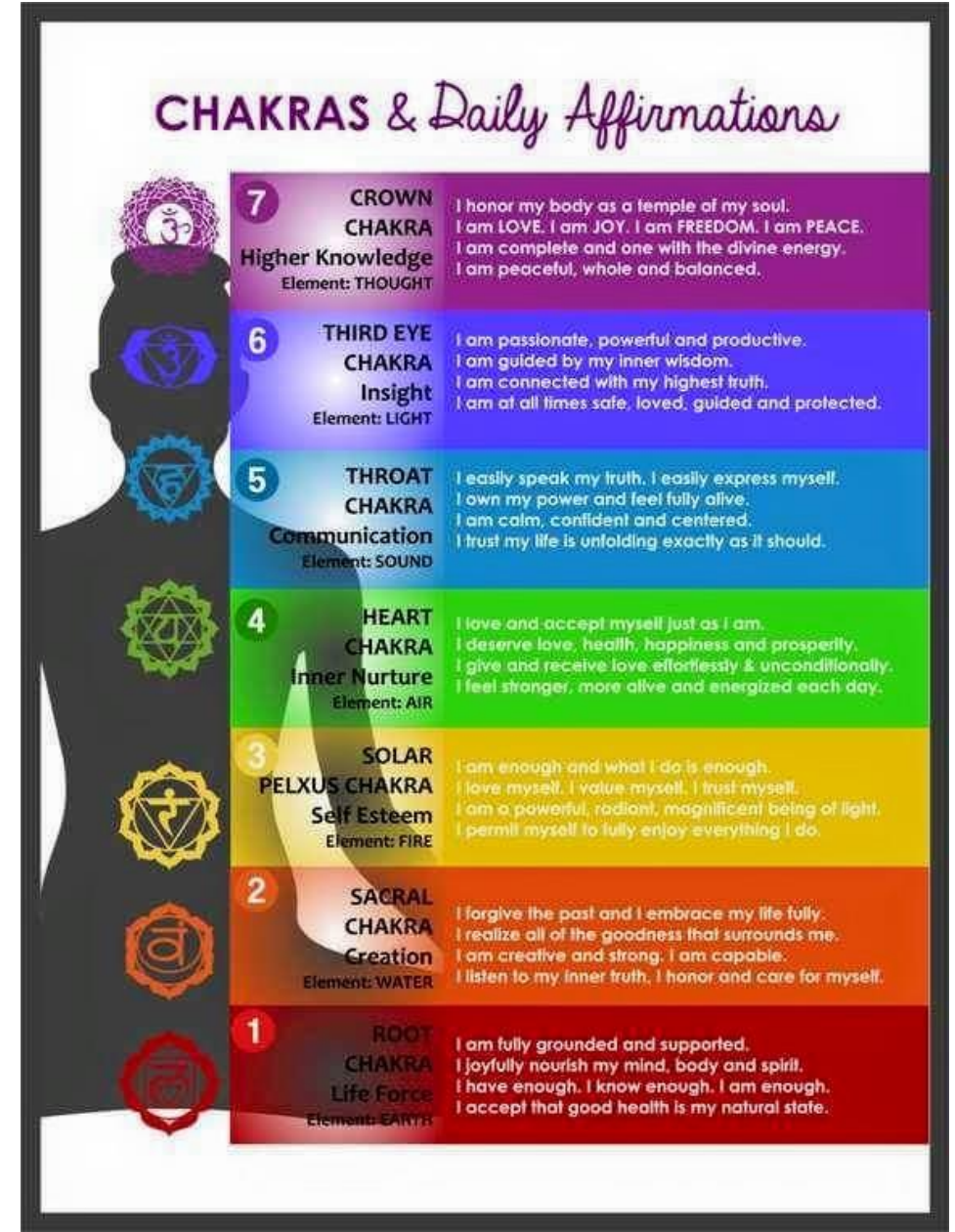
**What will I
get out of
meditation ?**

CHAKRAS



- Chakras are energy centers in our body
- I found usui reiki was a good way for me to work at balancing & clearing chakras that need to be unblocked

What are chakras?



Meditation is in all aspects of your life....

Build Confidence

- Make the bed
- Wear something you love
- Recite self-affirmations

Stay Focused

- Write your to-do list
- Drink water
- No screens for 2 hours

Feel Connected

- Meditate
- Call a loved one
- Journal your thoughts

Take a Break

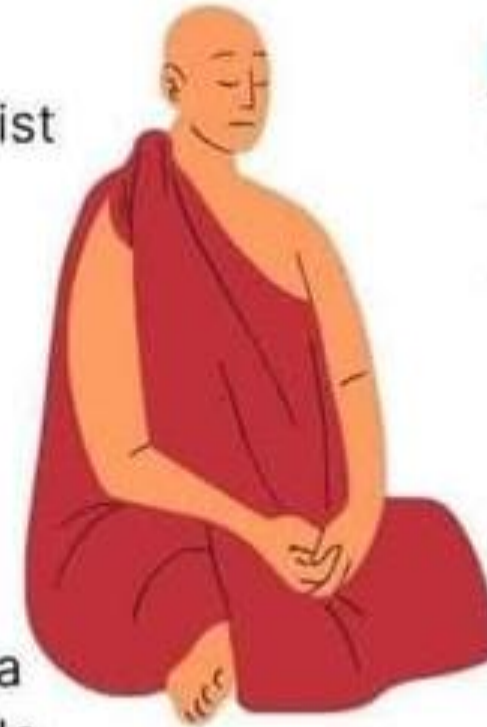
- Listen to music
- Drink coffee or tea
- Spend time outside

Be Healthier

- Stretch
- Get some sun
- Move your body

Sharpen Your Mind

- Brain dump
- Read a chapter
- Take a walk





“Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset.”

**Let us begin
anew today.....**

I hope something in this presentation sparks an interest to start meditating....

- **These are only suggestions**
- **Try a method that resonates with you & feeds your soul**
- **Try to meditate everyday so it become a habit your body/mind will crave**
- **It is like taking your mind to the gym to build new muscles that will help you in the long run of life**
- **Any ?s please email me at david@reikiaccess.com**





namasté

{nah-mas-tay}

My soul honors your soul.
I honor the place in you where
the entire universe resides.
I honor the light, love, truth,
beauty & peace within you
because it is also within me.
In sharing these things we are
united, we are the same, we are
one.

