

# MEDITATION GUIDE



Meditation is a practice of stillness that can be found in most faith and spiritual traditions. Practices of meditation vary based on the tradition or practice. The meditations I provide here are based in tantra yoga, which focuses on the subtle energetics of the body. Tantra uses visualizations to tend to the health of the spine. Through breath and visualizations, meditation helps to move emotional blocks, and the stagnant energy accumulated in the body by thoughts and habits.

Please remember, we all have complicated relationships with our bodies. Practice may bring up hard emotions or triggers for you. If you begin to feel unsafe, remind yourself to breathe and feel the ground and air around you and if it feels like you cannot calm down, come out of meditation. Shake it off (literally shake your body), drink some water and spend some time journaling what is coming up for you.

- *Find a safe and quiet place for your practice.*
- *Set yourself up for relaxation. There is no wrong here, except when you feel discomfort to the point of complete distraction. Sit against a wall or a tree, lie on the floor, prop yourself on bolsters or blankets. Take the time to get comfortable. The more you can relax your body from the beginning, the more likely your mind will follow.*
- *Invite kindness. Meditation and stillness practices are challenging. When we bring our bodies into stillness, our minds are likely to become loud. Acknowledge the chatter and keep bringing your attention back to the guided meditation.*
- *Try to be in your body. We spend most of our lives detached from our bodies. Meditation is an opportunity for us to connect to our bodies. This is both a gift and a challenge but with time will become easier.*
- *Remember it's a practice. Meditation is a practice. Even the most masterful meditation teachers still battle with stilling the mind. The important part of practice is to keep showing up no matter what.*

