

# TYPES OF MEDITATION



## Loving-Kindness

"Metta" meditation

Increases our ability to feel love and kindness

## Candlelight Gazing

Focus on a question.

Stare into the flame of a candle to solicit the answer



## Mindfulness

Acknowledge thoughts and let them go without judgment

Increases gratitude and improves emotional resilience



## Mantra

AKA "transcendental" meditation

Connect to the divine or the self with a repeated mantra



I am grateful for  
the good in my  
life.

I am open to the  
abundance of the  
universe.

My life moves  
with grace.

I can and I will.

I am at peace.

I am protected.

I am light.

Life is fun!

# BENEFITS OF MEDITATION

- Reduces stress
- Generates kindness
- Controls anxiety
- Improves sleep
- Controls pain
- Fights addiction
- Improves emotional health
- Fights age-related memory loss
- Enhances self-awareness & empathy
- Lengthens attention span
- Decreases blood pressure

## TIPS & TRICKS

### 1 Prep

Are you...

- Hungry? Thirsty?
- Cold? Hot?
- Needing the bathroom?

### 2 Position

**Get comfortable!**

A blanket or cushion can help if you're seated.

### 3 Pencil

**Grab a journal...**

Thoughts may be easier to dismiss if you can write them down and return to them later.

### 4 Practice

**It's a practice, not a perfect!**

You'll get better each time.

### 5 Progress

**Challenge yourself!**

Start with 5 minutes, then 10, then 15...

## TAKE WHAT YOU NEED

I rock!

I am love.

I am safe.

I am happy.

I cherish my  
spirit.

I trust my  
intuition.

I live in the  
present  
moment.

I love and  
accept  
myself.