

# Types of Meditation

Use what you need, when you need it

## Loving-Kindness

- May be referred to a “metta” meditation
- Increases our propensity for love and kindness
- How to Practice:
  - Close your eyes and imagine someone you love standing next to you, sending you unconditional love via a beam of light.
  - Continue surrounding yourself with people who are sending you positive energy until you feel full of love and kindness.
  - Now, shift your focus to sending the same kind of energy to others. You can imagine sending kindness, light, and love to friends, family, strangers, and even the world.
    - Challenge yourself by sending positive energy to people whom you are not fond of.
  - Keep in mind, you can practice this meditation in any order and you can focus solely on sending or receiving. Practice what you need in the moment.

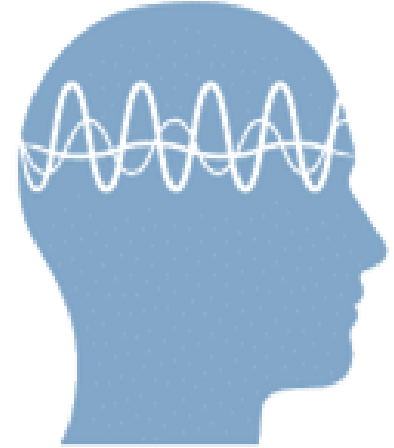


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A meditation *practice*, not a meditation perfect.

## Mindfulness

- One of the most well-known types of meditation that embodies the following themes:
  - Attention & intention
  - Being present and practicing non-judgment
- How to Practice:
  - Sit quietly with the eyes closed
  - Acknowledge every part of the sensation of sitting... and then let it go.
  - Acknowledge your breathing... is it shallow or deep, fast or slow? Then let go of your focus on the breath.
  - Notice and acknowledge the sounds around you. Identify them and then let them go.
  - Finally, notice your thoughts as they come, and then let them go. Embrace the moment you let all things go.



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Affirm what you believe.

## Mantra/Transcendental

- A mantra is a word or phrase that is repeated
- Closely linked to the ancient practice of meditation
  - Can help connect to the divine or the self
- How to Practice:
  - Identify a mantra that is meaningful to you. Then find a comfortable seated position and close the eyes.
  - Start to repeat the mantra to yourself (either aloud or in your head) again and again until you enter a trance-like state.



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Expand your comfort zone.

## Candlelight Gazing

- Focusing the attention on a candle's flame in order to receive guidance from the inner self or the divine
- How to Practice:
  - Identify a question that you need an answer to. Be clear about the question you are asking.
  - Light a candle (or pull up a candle video) and find a comfortable seated position. Begin to stare into the flame.
  - Keep the eyes open for longer than normal but blink if your eyes become uncomfortable.
  - After a prolonged time, your eyes will begin to tire and want to close. Fight this sensation for as long as you can before finally closing the eyes.
  - Keep the eyes closed as you reflect on your question. You may gently place your hands over your eyes to keep them closed.

