

# Meditation Practices

Spiritual Education & Enrichment  
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# Class Agreements

- ✿ Cell phones & other noise making devices -- off.
- All points of view are valid and contribute to a greater understanding
- Each of us can change our mind at any time
- ✿ Use “I” statements
- Confidentiality of personal sharing
- Have Fun!



# Check- in

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# DEFINITION

- ❖ Meditation is power -- when you concentrate any form of energy, including mental energy you gain power.
- ❖ Meditation is the practice and process of paying attention and focusing on your awareness.
- ❖ Meditation is continuous and contemplative thought.
- ❖ Meditation is the gateway to the Silence, the Secret Place Most High.

# Why Meditate?

- ❖ Myth of a perfect life - there is a high price to pay for holding such high expectations.
- ❖ The postmodern predicament - circumstances change constantly.

1. Awaken to the present-moment
2. Make friends with yourself
3. Connect more deeply with others
4. Relax the body and calm the mind
5. Lighten up
6. Enjoy more happiness
7. Experience focus and flow
8. Feel more centered, grounded, balanced
9. Enhance performance at work & play
10. Increase appreciation, gratitude and love
11. Align with deeper sense of purpose
12. Awaken to a spiritual dimension of being

# Meditative Traditions

- ✿ Shamans-Hunter/Gatherers 15,000 years ago
- ✿ Eastern - 5,000 years ago
  - Yoga ~ The Path of Blissful Union
- ✿ Early Buddhism ~ Roots of Mindfulness (2,500 years ago)
  - Indian Tantra ~ Finding the Sacred (1,900 years ago)
  - Zen ~ See the Nature of Existence (1,300 years ago)
- ✿ Tibetan Buddhism ~ The Way of Transformation

# Meditative Traditions

- ✿ Western - 4,000 years ago
  - ✿ Christian ~ Contemplative Prayer
    - Judaism ~ Drawing Closer to God
  - ✿ Sufi ~ Surrendering to the Divine with Every Breath

# OM

- ❁ Om is a mystical or sacred syllable in the Indian religions including Hinduism, Sikhism, Jainism, and Buddhism.



# OM (aum)

✿ A - accounting

✿ U - would

✿ M - sum

# The OM Meditation

- Relax
- Concentrate on space between eyebrows (third eye)
- Silence the conscious mind
- Repeat Om
  - I am infinite and all-pervading
  - I am pure, perfect, all-knowing, eternal and free.
  - I am Absolute Reality (Brahman)
  - I am absolute consciousness and the infinite, unchanging existence.

# Small Group Sharing

- ✿ What did you like best about the meditation? The least?
- ✿ How well did it fit our “textbook” definition?
  - ✿ Meditation is power -- when you concentrate any form of energy, including mental energy you gain power.
  - ✿ Meditation is the practice and process of paying attention and focusing on your awareness.
  - ✿ Meditation is continuous and contemplative thought.
  - ✿ Meditation is the gateway to the Silence, the Secret Place Most High.



# Mindfulness Meditation

# Wrap Up

✿ Q & A

✿ Homework

- Read pp 51-55 & Chapter 13
- Meditation - at least 7 min.