



### **Meditation Introduction and Purpose**

This group has two primary purposes. First, is to bring together like-minded individuals that through a collective effort can connect and create a supportive environment for healing and gaining a deeper understanding of themselves. Secondly, is to experience and understand the importance of mindfulness in our daily lives through resulting in improved mental and physical health.

This group will be held twice a week, once at 5:30pm – 7:00pm on Mondays and again on Thursdays at 11:30am – 12:30pm. We will be starting each session on time, so if you come in late, please simply find a place to be and settle in with the group. Attendance is up to you on when and how often you join in. Whether you choose to come to every session or just a few times a month, your efforts will be life changing.

Session cost is based on a PWYW (Pay What You Want) model. At each session there will be a container where you can give a dollar amount that feels best for you and your budget. No judgement or requirement on the amount will be made, even if you can't afford to pay each time, it's okay. There is a higher purpose for these gatherings and the energy exchange to allow balance between the host and the participants come in many forms, money is just one of them.

We will also follow each meditation with a group discussion related to our meditation experience and any questions you may want to pose to the group. While this group has a host, we do encourage all participants to offer insights to any question posed. This is imperative to allow yourself to feel safe and supported in this group. We all grow collectively when each person feels seen and heard.

Another reason for discussion is to create a Master Mind. A Master Mind in a group setting allows multiple minds to be focused on a particular task or question. This allows fuller and richer solutions to be created for the good of the one and the many.

The only group rule is, "Do No Harm". This means that even if you don't agree with someone's input or perspective, we ask that you support how the other person feels and that no matter what that feeling is, it's okay to feel that way.

We encourage participants to use nonviolent communication methods when speaking with others. This means using phrases like, "I'm curious to understand more about what you said." Or "Can you help me understand what just happened for you ..." or "I noticed you seem uncomfortable with this topic; can you help me see your perspective?" One of the main words not to say is "Why". For example, "Why did you say that?" The word "Why" subconsciously makes people feel like they must defend themselves which will automatically close off the flow of communication. See the below resources for more nonviolent communication information.



Meditation has been around for thousands of years and there are many schools of thought around how to do it. I believe that there is no one perfect way to meditate, but rather it is whatever resonates best for you that matters. Below I will outline a few basics of the meditation we will be doing here.

**NOTE:** All mobile devices should be turned off or in a mode that does not cause any distractions to the meditation session. This includes vibration or any notification sounds.

### Your Physical Self

- First thing to do before meditating is to use the restroom (even if you feel you don't have to). Meditating on full bladder can be very distracting.
- Find a comfortable position you can be in for up to 30 minutes at a time. If at any time during meditation you feel uncomfortable, please change your position to whatever feels best, in a way that does not disturb the group.
- If you have an urgent situation and need assistance, please let the group host know what your needs are. The host is here to give you the best experience they can and to support you in any way they can.

### The Breath

- Most meditation practices will tell you to focus your mind on your breath. What this means is to pay attention to filling your lungs with air, feeling the air go in through your nose and then the exhale out of your mouth. This is the basic method for bringing your attention back to the now and your body.
- There are some traditions that advocate placing the tip of your tongue just behind your upper front teeth, and when you breath out, your tongue will vibrate slightly. This vibration will stimulate your pineal gland which is believed to be the single point of connection between your physical self and your higher divine Self as well as the connection with your third-eye chakra.

### The Imagination

- Many times, during a guided meditation, the guide will likely ask you to imagine a scene or situation. Do your best to follow the instructions, but if it's difficult just go back to focusing on your breath and just listen to what the guide is saying. These actions are another way to bring your attention to a central focus or theme.

### Self-Talk & Focus

- Humans are designed with an ego-self, and it has a need to communicate with us almost constantly. Have your attention focused on a specific thought that does not require movement or critical thinking will "bore" the ego and it will want you to "think about or consider" other things. This is okay and normal.



- If you find that you constantly have other thoughts coming into your mind when you try to meditation, you simply just acknowledge the thought and then let it pass. It's sort of like walking down a sidewalk and you see an oncoming car on the street. You look at it and then it simply passes, and you continue walking, forgetting about the car completely.

### Guided vs Unguided

- This group will be using both guided and unguided meditation provided by the Monroe Institute. You can read more about Monroe from the below resource link.
- A guided meditation is where there is a person talking you through the meditation. They usually ask you to imagine certain images or places. You simply need to do your best to follow along. If you find it difficult to follow or understand, just go back to focusing on your breath and just listen to what the guide is saying.
- Unguided meditations are normally just music or sounds of some kind. In our case, we will be using meditation created by the Monroe Institute for the purposes of raising our consciousness and vibration.

### Walking Meditation

- Walking meditation is a good form to use when you do not have time or find it difficult to sit in one place for any length of time. You can do a walking meditation most any time you are walking. The method is similar to other meditation in that you focus your attention. In the case of walking, you can use your five senses for focus. Name five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.
- Use the above methods to bring your focus back to your senses if you find your mind wandering into other thought areas.

### Moving Meditation

- You might also be interested in doing a moving meditation sometime. Basically, you would stand and close your eyes and then allow the music to just move you. Some people need to physically move in order to fully experience something. This is found in many people who identify as a Kinesthetic Learner (To better understand something, they need to touch or feel it or move their body.)

If you are in a group, you might need to position yourself in order to have space enough for each person. If you cannot move with your eyes close, that's okay, just be sure to allow each person their space.



### Other Mindfulness Practices

- There are other forms of mindfulness practices. One of them is called Breathwork, which is a practice of using continuous breathing patterns to help release physical and emotional tension.
- Another mindfulness practice is called automatic writing. This is where you sit with a pad of paper and pen, or pencil and you simply write down any and all thoughts that come to mind. You do not worry about spelling or telling a story or grammar or the need to make a point. Simply allowing the subconscious mind to “speak”. If needed, you can use writing prompts to get you going. Like “I like to walk because . . .” and then you just keep writing whatever comes to mind. You do this for a set amount of time or until you feel you have written all that you can for the moment. There are writing prompt books you can buy or just search “writing prompts” on the internet and see what comes up.

### Monroe Institute

Monroe Institute we seek to explore and investigate the phenomena of human consciousness. Our Research Division seeks to support, promote, and engage in rigorous and ethical research practice through the use of various methods including cross-cultural, experiential, experimental, and theoretical studies of consciousness.

Using specially designed binaural beat audio-guided technology, originally developed by Bob Monroe, you will learn valuable tools to explore, navigate and use non-physical aspects of your own higher consciousness.

### Sessions

- **Introductions:** I am on my own healing journey and a major part of my journey is to know myself. What I’ve discovered is that the more I understand my true self, the better life is. I am a Projector Human Design type which means I am a seer, teacher, and guide. However, I must be asked to help you in order for you to get the most out of the information.
- **Each session** will start out with a short introduction of the theme and recognition of any questions or requests from participants. We will then either move into the first planned meditation (guided) of the session, with it likely being 5 – 10 minutes or less. That will be followed by a short discussion. The next meditation will be 20 – 60 minutes followed by discussion until the end of class.
- **Theme:** I will introduce a theme each week, but the discussion is not limited to this and any topics you want to dive into are welcome!
- **Midday meditations** (Thursdays) – will be around focus and centering the mind/body
- **Evening meditations** (Mondays) – will be more introspective, healing, calming, relaxing
- **Notes:** I encourage you to take notes, ask questions and do your own research. I am here as a guide, teacher, and partner. I am on my own journey as well and would love to share what I’ve learned if you are interested. Please ask me if you want to know anything. I will do my best.



- **Distractions:** All mobile devices should be turned off or in a mode that does not cause any distractions to the meditation session. This includes vibration or any notification sounds.
- **Concepts 1:** Understanding energy in the mind and body
- **Concepts 2:** Understanding the construct of the mind, limbic system, and purpose
- **Considering The Self:** This group is about self-discovery through connecting with the body, understanding the brain's hard wiring and purpose, understanding energy flow, and allowing the mind to clear so the deeper subconscious mind and wisdom can come forth.
- **Physical Movement and Other Practices:** There is growing research around understanding how humans process information. There is no one right way for everyone to do the same practice. Some process information by listening and watching. Some process it through physical movement. While others need to read it and process it in slowly, methodically. If you need to change your position or move during your meditation practice, please do. Or at least try different methods if one does not seem to work for you. I mentioned in my introduction handout other mindfulness practices like walking meditation and automatic writing.
- **Music / Sound:** These meditations are primarily designed to be heard using headphones. Since this is not possible with a group, I will be using my stereo system. In order to immerse in the sound, I will be playing the sounds at a louder level than would be normally used during a discussion in order to envelope you with the experience. If the volume is not conducive to you, please let the host know to allow for adjustments.
- **Deeper Meditation Practices:** There will be opportunities to experience longer and deeper meditation practices in the future as you become more adepts at your own process. You want to take it slow and be very deliberate so you can evolve into yourself with purpose. Rushing growth can be counterproductive if you do not take the necessary emotional and physical steps to support your journey.
- **Binaural Beats Information:** See this web link or do your own research to see if this is a possible path for you: <https://www.medicalnewstoday.com/articles/320019>
- **Monroe Institute Information:** These meditations are part of research done by the Monroe Institute. You can read more here: <https://www.monroeinstitute.org/pages/our-purpose>



### **Resources:**

Nonviolent Communication for Beginners: <https://youtu.be/ywHALUmpWjU>

Nonviolent Communication - Top 7 Key Sentences: <https://youtu.be/2MExSN1GcHQ>

NVC Instruction Guide: [https://www.cnvc.org/sites/default/files/NVCInstructionGuide\\_Jiva\\_.pdf](https://www.cnvc.org/sites/default/files/NVCInstructionGuide_Jiva_.pdf)

Monroe Institute: <https://www.monroeinstitute.org/>, <https://www.monroeinstitute.org/pages/our-purpose>

Binaural Beets Information: See this web link or do your own research to see if this is a possible path for you: <https://www.medicalnewstoday.com/articles/320019>

Pineal gland as the source of the soul and third eye: <https://pn.bmj.com/content/22/2/168>