

Solitude with your Soul

“Quiet the mind and the soul will speak” Ma Jaya Sati Bhagavati

Most people grow very overwhelmed by the thought of meditation. However, There is no right or wrong way to meditate! As long as you are practicing, you are doing it right.

What meditation is NOT:

Meditation does not mean that you stop thoughts from entering your mind. This is impossible!

What meditation is:

Meditation is trying to refocus on your breath after a thought enters your mind.

What to expect AFTER meditating:

Over time, your mind will naturally become quiet as you learn to ignore intrusive thoughts. This will allow you to become more peaceful in your mind, stop rumination (thinking thoughts over and over again), and become more mindful in order to appreciate the small moments of everyday life.

The Effects of Meditation (SOME):

- Lowers depression, anxiety and stress levels and improves memory
- Excellent for high blood pressure and many heart conditions
- Slows down the aging process
- Helps insomnia and improves sleep

Make Meditation a Habit!

Start meditating for five minutes each day. After you are comfortable with this level, continue to increase the minutes by five until you get to a half hour daily.

What is Christian Mindfulness?

Christian Mindfulness is being aware of the presence of Jesus within your life. Through sitting in silence as you meditate, you will become aware of how HE is speaking to you and guiding you down the path you are suppose to follow.

"We need to find God and he cannot be found in noise and restlessness. God is the friend of silence. See how in nature, the trees, flower, and grass grow in silence. See the stars, the moon, and the sun and how they move in silence"

Mother Teresa

Let's Begin Meditating!

1. Sit or lie down.

Make sure you are comfortable but not too comfortable to fall asleep!

2. Say a prayer from your heart

What is it that you need from God in this moment?

3. Put your hand on your solar plexus or heart

The reason why you put your hand on your solar plexus, (the area in the middle of your body, above your belly button). In the Indian culture, this is considered a chakra or a spiritual and energy center in the human body. This is a part of the nervous system in which the fight-or-flight response is stimulated. This is the brain's automatic response to feeling danger. By putting your hand on this area, you are calming your nervous system, which will in turn have a calming effect upon you.

This can be a particularly sensitive part of the body, particularly after a trauma or severe rejection. By placing your hand on this area, you are also comforting yourself during this process which encourages healing of emotional wounds. If you prefer, you can also put your hand on your heart and feel it beating. As long as you are connecting to your body, that is all that matters.

4. Focus on your breath. Inhale in, exhale out.

--Feel the cold breath through your nose and the warm breath come out through your chest. DO NOT TRY TO CHANGE YOUR BREATH. Just notice it.

5. When a thought comes in, refocus on your breath.

--Do this as many times as needed.

6. Be Aware!

--As you meditate, you might become more aware of your body, of your feelings, of your intuition etc. Sometimes God uses this quiet time to speak to you. Listen, open your heart, and trust the process.

SEE THE JOURNAL ENTRY ON THE FOLLOWING PAGE

Journal Entry- Reflection After Meditation

Did you feel God speaking to you? (This can be in the form of a feeling, a memory, a thought etc).

(If you didn't "hear" anything that is completely fine. Keep waiting for God to respond to you in His own perfect timing).

Write your thoughts below.

Example: For a while I just sat there and it was difficult for me to sit still. Once I got comfortable, I didn't feel or hear anything. I did, however, remember that an old friend messaged me. I wonder if this could be God talking to me as an opportunity to meet my soulmate! Or maybe he could introduce me to someone who could end up being my soulmate!

What feelings came to you as you meditated? Write them down below.

Example: I felt anxious at first but then after a few minutes I felt...

I suggest keeping a meditation journal to continue to write about your experiences as you meditate. This will help you notice how Jesus is speaking to you.