New Year, Fresh Start Through Meditation

Who would like more peace and happiness in 2024?
Let’s look at how Positivity can affect our peace and happiness.
Let’s look at how *Positivity* can affect our peace and happiness.

When others are positive, how does this make us feel?
What happens when we become more positive?

- Helps us gain friends and happiness
- Improves our emotional wellbeing – glass half full
- It makes us like others more and it reduces our frustration or anger
- Improves sleep and **peacefulness**
- Increases our **love** and **happiness**
TRAIN YOUR MIND TO SEE THE GOOD IN EVERY SITUATION
Overcome ego through Meditation
Find peace, happiness, and positive energy through meditation.

In meditation, we *shift our attention* from the every day factors frustrating us and *concentrate it* at someplace more peaceful.
How do we meditate

- Bring **stillness** to the body
- Bring **calmness** to the mind
- What is left is our higher self!
How can we still the body

- Sit in a comfortable position
- Remove all sensory distractions
  - Close our eyes
  - No smells
  - No sounds
  - No one touching us
How can we calm the mind

I'm not spending enough time with family.

I wondered where I left my keys?

I didn't like the way those guys were driving.

What if something happened?

I'm not spending enough time with family.

Are they at Dad's? I hope he doesn't have Covid!
How can we still the mind

Calming word or phrase
A loving word or short phrase repeated continuously in our mind to replace other thoughts.
Let's meditate
Meditation Technique

1. Choose a time and place
2. Sit comfortably and close your eyes gently
3. Focus your attention 8-10” in front
4. Repeat your calming word or phrase
5. Gaze peacefully into the middle of the darkness or of any light that appears
What was difficult?

How did that make you feel?
Let’s Meditate again!
Choose a time and place

Sit comfortably and close your eyes gently

Focus your attention 8-10” in front

Repeat your calming word or phrase

Gaze peacefully into the middle of the darkness or of any light that appears
Would you like to try this at home?
Some tips

• Choose your time and place. Start small!
• Find your comfortable position
• Pick your calming word to repeat
• See how it feels! If you like it, try it again.

Remember, most habits take at least 21-42 days to establish

“We can stay at an even keel through the storms and sunny days of life by finding a calm center. We can reach this still point through meditation.”

Rajinder Singh
Best-selling author; Inner and Outer Peace through Meditation
Thank you!

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