

Creativity Flows from a Quiet Mind: Meditation for Busy People

Meditation

What it is & what is it not

It is NOT...

- **An eastern religion.** Most major religions practice it in some form or another. It can be used to deepen whatever beliefs, religion or spiritual path you follow. It can also be practiced *without* a religious context.
- **A practice that will make you spacey or become flakey.** It enhances concentration and focus.
- **Something alien from outside your self.** Meditation is your own life energy. When you sit for meditation, your meditation energy will heal and balance your system.

What It Is...

- **A practice of relaxed alertness.**
- **A state of consciousness much like sleep states**
- **A common human experience.** All of us have experienced "meditative" states when we have been completely one-pointed and in the flow of our game. Musicians, athletes and artists often go into a meditative state when they are in the flow of their art or their game.



Benefits for Meditators

1. **Mental:** Clarity, focus, concentration for learning, efficiency and effectiveness at work and in life.
2. **Emotional/Psychological:** Reduced stress & improved relationships. The people around you are positively influenced by your centeredness – especially children. Meditators attune easily to others.
3. **Physical/physiological:** builds the immune response, lowers blood pressure, and stabilizes one's heart rate.
4. **Spiritual:** Deepened sense of life purpose. Connectedness with others and with the Divine (Source, God, the Universe). Heightened awareness of one's inner world. Inner Stillness. Serenity and appreciation for nature.

Meditators may have a variety of positive experiences when sitting for meditation:

Feelings & Thoughts: Calm, centeredness, relaxed states, memories, fantasies, mental chatter, images, feelings; Ecstatic or euphoric states

Physical: Movement of energy in the body or body movement such as swaying

Mental Alertness & Awareness: "Ah-Ha's" & insights into what is going on in their life or how to handle a challenge or solve a puzzle;

Creativity Flows from a Quiet Mind: Meditation for Busy People

Setting up Your Daily Practice

5 Steps to Daily Meditation:

1. **Right Space:** Clean, zen, uncluttered, focused
2. **Right Time:** Early morning, Lunch time get-away, or before bed
3. **Right Preparation:** Mental attitude, comfortable clothes, pillows, yoga poses
4. **Right Point of Focus:** audio, visual, breath, mental, affirmations
5. **Right Closure:** Breath, yoga, move slow, mental awareness, journaling

Ten Guiding Points about Meditation

1. The more you meditate, the more steady the mind becomes.
2. Allow the mind to melt into the meditation experience in its own time. It doesn't work to get in conflict with the mind.
3. Label your thoughts: "That's a memory", "That's a fantasy". Avoid judging the thoughts and feelings that show up.
4. Watch your thoughts and feelings go by like clouds in the sky, without putting attachment or personal meanings to them.
5. Become aware of the stillness beneath the mental chatter
6. With daily meditation, your body and mind will get into the habit. It gets easier over time.
7. Meditate with other meditators on a regular basis.
8. Journal about what you're experiencing so that you can capture the subtle benefits that are happening for you.
9. As you meditate more and more, you'll find that when you are caring for children, you are more in tune with them. They sense your calm and will enjoy your

- attentiveness and you will see fewer behavioral problems, especially if you show them how to meditate.
10. Meditation will lower your stress. When you are less stressed, the children, families and co-workers around you will feel less stressed. Everyone benefits when one person meditates.

Bibliography

- Gilbert, Elizabeth. *Eat Pray, Love*.
- Hanson, Rick. *Meditations to Change Your Brain: Rewire Your Neural Pathways to Transform Your Life*.
- Kabat-Zinn, Jon. *Mindfulness for Beginners: Reclaiming the Present Moment and Your Life*.
- Keating, Thomas. *Open Mind, Open Heart: The Contemplative Dimension of the Gospel*.
- Kempton, Sally. *Meditation for the Love of it*.
- Nepo, Mark. *The Book of Awakening: Having the Life You Want by Being Present to the Life You Have*.
- Rabbi Roth, Jeff. *Me, Myself and God: Theology of Mindfulness*.
- Siegel, Dan. *Mindsight. The New Science of Personal Transformation*.
- Tolle, Eckhart. *A New Earth: Awakening to Your Life's Purpose*.
- Weiss, Brian L. M.D. *Meditation: Achieving Inner Peace and Tranquility in Your Life*. Book & CD

Online Resources

- <http://www.sallykempton.com/>
www.learningmeditation.com
www.wilddivine.com
www.benefitsofmeditation.org
www.heartmath.com
www.mindsightinstitute.com
www.soundstrue.com
<http://www.awakenedheartproject.org/>

Links to Meditation Music

- <https://www.youtube.com/watch?v=QQAjwS2Apv8>
<https://www.youtube.com/watch?v=0Y9cJWUAKq4>
<https://www.youtube.com/watch?v=QZbuj3RJcjI>