

## How to Meditate

WTM Group, Thursday December 15<sup>th</sup> 2016

- Popper 3 worlds
- Why do it ?
  - Emotional wellbeing
  - Mind benefits
  - Health benefits
  - Ageing
  - Relationships
  - Schools and universities
  
- What Meditation is not.
  - Not clearing your mind
  - Not religion
  - Not relaxation
  - Not a philosophy
  - Not behavior modification
  - Not thinking about thinking
  
- What Meditation is
  - Mind training and practice
  - Everyone is capable, requires practice
  - Both process and content
  - Attention is the core piece
    - Focused attention ( sounds, mantras, God , LK )
    - Open attention ( Mindfulness, Vipassana )
    - Pure presence
  
- We will lastly look at “how to do“ Mindfulness meditation
  - Moment to moment
  - On purpose
  - Non judgmental
  - Pay attention
  
- How to meditate well ...the one that works for you
  - Commitment
  - Practice
  - Depends on what you want
  - Try and find what works for you

<http://liveanddare.com/types-of-meditation/>