

# MEDITATION GUIDE

10 ways to enhance and  
deepen your practice



# Meditation Guide

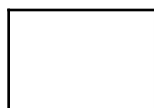
## *10 ways to enhance and deepen your practice*

Too often people start meditating and struggle with their practice...this is normal and not a reason to give up. This guide will help you get past some of the common blocks to create a long lasting and deep practice.



### **Dealing with constant thinking:**

We have a mind that thinks; that is what the mind does. That should not be an obstacle to deep meditation. The practice is to not engage with your thoughts. Just don't pay attention to them. You will almost certainly give attention to some thoughts. That is not a problem. As soon as you notice you are doing that, just decide to be disinterested again. Do it just that way throughout your meditation.



### **Immediate and cumulative effects of Meditation:**

Meditation often gives you immediate positive effects. However, each meditation experience is going to be different. If you do not have immediate effects, have faith by continuing the process and you will have cumulative effects such as more calmness, less reactivity, more clarity of thinking and increased creativity.



### **Best place to meditate:**

Ideally, find a quiet place to meditate where you can be comfortable for a period of time while being still. Having less distractions to noise and other people is best. Some people create their own "meditation space." That may create a certain ambiance that can enhance deep meditation.



### **Dealing with interruptions and outside noises:**

Even though a quiet, non-distracting place is ideal, conditions are not always that way. This is not an impediment to meditation. Relax into the noise or distraction and do not fight or resist it. Just keep returning to the particular meditation practice you are doing. This can actually be good practice of concentrating and being persistent.

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### **Meditation is not about trying to get anywhere:**

Most people think that meditation is a vehicle for relaxation or some other positive feeling state. However, the best mindset for meditation is to not try to have a certain feeling or get away from certain feelings.

Meditation is about just being and letting things be. It is about letting go of trying to control you or life. Sure, the byproduct of that can often be wonderful feeling states but it should never be the goal.



### **Meditation is about shifting attention:**

Yes, it is helpful to think of meditation that way. Pull attention away from your thoughts and instead shift your attention to resting in 'beingness' or attending to whatever mental posture you are practicing for that meditation.



### **Having feelings is not a block:**

Yes, as mentioned, the goal is not to have a certain feeling nor is it to 'not have feelings'. Human beings feel and these feelings change all the time.

The key is not to get engaged with your feelings.

Shift your attention away from those feelings as mentioned before. Just keep practicing letting those feelings be without being interested in them during your meditation time.



### **Meditation works whether you are sitting, standing or lying down:**

Even though the most common way to meditate is to sit, whether on a chair or on a pillow, you may choose to meditate lying down or even standing up. Certain meditations are even designed for standing up or laying down.

No matter whether you are sitting, standing or lying down, the main keys are to be outwardly and inwardly still, to practice letting things be

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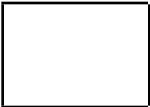
and relaxing your body and lastly, to be present to the here and now.



### **Allow your natural meditative state to pull you into its beautiful depth:**

There is a part of you that is already meditating! It is not your mind but it is the part of you that some call awareness, presence or consciousness. It is the part of you that experiences thought, feelings and sensations but isn't your thoughts, feelings or sensations.

As you experience this part of your being or even get glimpses of it during meditation, be receptive to its quietness and depth. Let it envelope you. Be absorbed in it.



### **Journal your progress and share it with your intimate partner or another significant person:**

It can be very beneficial to recognize your momentum, insights from your meditation and how the meditation is impacting your life. Writing these things down solidifies your gains.

Sharing with others can not only continue to motivate you on the path but it can be inspirational and motivational for others.

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# Todd Creager is an experienced relationship therapist & coach

Todd is a Licensed marriage and family therapist and licensed clinical social worker with 35+ years of experience helping couples and individuals heal themselves from crises such as trauma and infidelity. He also help couples rekindle the passion and aliveness in their relationship.

Todd is a firm believer in combining healing modalities into his practice. He incorporates EMDR, Emotional Focused Therapy and Meditation to help promote optimal healing and living for his patients.

Todd himself has been practicing meditation for 40+ years and he's personally experienced how it has positively impacted his personal relationships and his health.



Learn more about Todd's newest program Meditation for Couples. Great Relationships Aren't Just Other People... **You and Your Partner Deserve it Too!**

*...And meditation can help you finally break through and remove the blocks to love!*

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