



The Magic of Meditation

canfitpro world fitness expo conference Toronto August, 2018

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The practice of meditation is about observing, taming and clearing the mind. Become a better version of yourself and live more harmoniously in all areas of your life. Meditation assists in reducing emotional responses and promotes inner joy and peace, improves concentration, and gets you more in touch with yourself to make better daily decisions. When the obstacles in life are confronted with a serene mind, we live more happily. Learn various techniques and a step by step approach to skillfully integrate meditation into your own life, in your classes and with individual clients.

Benefits of meditation

- ✓ Reduced stress, greater ability to concentrate, decrease in emotional responses such as reactivity, anxiety, depression, anger, sadness
- ✓ Meditation promotes inner joy & peace, improves quality of sleep, increases mental clarity and gets you more in touch with yourself and your dharma (purpose).

How to begin

1. Find a time and place where you won't be interrupted or distracted.
2. Choose a method that makes you feel most at ease. Find a comfortable position and sit with your back straight.
3. Choose a focal point or keep eyes gently closed. It will be easier for you to maintain your concentration on your word or mantra, object, or sensation like your breathing.
4. You can practice asana (yoga postures) or chant a mantra before you meditate, mantras are powerful sounds and will bring light into your mind and prepare you for meditating.
5. Keep an open mind towards all that happens during your session. Let inevitable distractions and loss of focus pass.
6. Do not measure your progress, in terms of what you can achieve, by outside standards. This is something you do only for your own benefit and your personal growth.
7. Do not judge or allow yourself to be discouraged in a meditation session. You may experience endless thoughts or feelings, but inwardly in other dimensions your higher self is experiencing

light and deeper connection. So, you may only feel that light filter down into your everyday-mind after the meditation.

8. While meditating if you find yourself becoming tense or uneasy you may be focusing too hard or simply trying too hard. Ease off a bit, or switch to another meditation technique.
9. If you are beginning a meditation practice, then start with 10–15 minutes per session. After several months extend that to 20–30 minutes, and then after a year or two to 45–60 minutes. Be consistent, it's better to meditate for 15 minutes each day than an hour every few days.

Our Journey today

- ✓ Notice how you feel before and after your meditation
- ✓ Set the intention: create a sacred space that is personal to you; dim lighting, light a candle if you wish, comfortable temperature, placement of any objects that have meaning to you or set up an altar with objects positioned as an offering like flowers, crystals, photos, essential oils, herbs, plants, stones etc. to help you relax and get centered
- ✓ I like to cleanse the space and my energy field with white sage (The Mystic Aroma from India) or liquid incense (chiyaam) by Blue Eagle (www.invocation.ca)
- ✓ Perceptual exercise and prana ball
- ✓ Centering exercise
- ✓ Verbal guided mindfulness meditation
- ✓ Mantra chanting
 - Mantras are like medicine for the soul and are charged with great power. With practice we begin to see that repeating the mantra is not just a mechanical exercise; it is a direct line to the Self within.
 - When we select a word or series of words to repeat in the form of a mantra, we are affirming it to ourselves and allowing its meaning to seep below the surface, into our subconscious, helping to shift our negative habits and patterns into positive ones.
- ✓ Savasana with guided relaxation, body scanning, inward journey to stillness
- ✓ Yantra gazing or inner visualisations
 - Yantras are geometric designs that are designed to change awareness. One use is for meditation. There are many different yantras available, and any of them are suitable for meditation



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