



# Meditate

Layer  
Lasting Change





# Meditate - a Lean Life Skill

*“So what is a good meditator? The one who meditates.” ~ Allan Lokos*

Stripped back to its bare minimum, meditation is mindfulness. It's you taking time for the inner you. It's cultivating stillness, and quieting our “monkey brain” that always wants us to be thinking about something else (typically things in the past or future) so we can't experience the joy of the present moment. And the beauty of the present moment is that's where we are our most potent and authentic selves. From this place all things are possible.

Meditation offers a raft of emotional and physical benefits and is a world-class tool to add to your wellness repertoire. It is free, uniquely yours and the more you practice it the more you will gain. That said, it is not something you do to consciously “get” a result or outcome, they just happen as a positive consequence, and will be unique to your life experience.

## Ritual, Routine & Recognition

**Ritual:** Whether you are a beginner or a Buddhist Monk, meditation asks that you set up a ritual around your practice, which means establishing steps (as many or few as you want) that you complete mindfully, immediately before you begin your practice.

These are usually physical actions that you take to initiate the meditation and might include something as simple as closing the door to a room and hanging a ‘Do not disturb’ outside, placing a favourite blanket or shawl (kept for meditating) across your shoulders or lap, lighting a candle, or listening to a specific music track as you unhurriedly prepare your space before you begin. Make the ritual your own - savour and enjoy it.

**Routine:** Meditation is a daily practice. Meditation is a daily practice. Meditation is a daily practice. Said three times because regular practice is necessary. Choose a time that you can commit to. Once a day is great, twice a day is even greater! Think morning and night, and make it your commitment to yourself and your wellness.

**Recognition:** There is no right way. There is no right way. There is no right way. Said three times, well, because there is no right way. Your way is uniquely yours. No comparisons. *(Refer to the quote at the top of the page. You just have to do it. Remember: 80% of success is turning up!)*



## Meditate Exercise:

MEDITATE is a Lean Life Skill that we represent on the Ideal Weight Focus band as a Triangle, and links with the BREATHE Lean Life Skill, the breath you were taught for relaxation is also the breath you'll use to start your meditation practice.

The basics of mindfulness meditation are simple.

1. Find a place to sit (or lie) comfortably, making sure your back is straight and you can remain in that position for the time you plan to meditate. (Take the time to make yourself comfortable.)
2. Close your eyes (you can use an eye mask)
3. Using your BREATHE Lean Life Skill, breathe in, hold and out to a four-count: In, 2, 3, 4 - Hold, 2, 3, 4 - Out, 2, 3, 4 (repeat). You can miss out on the hold breath if that feels more comfortable. Find your rhythm and softly and effortlessly drop into that pattern.
4. As you do so, bring your attention to your breath. You might notice that you hear it, or that you feel it coming in through your nostrils. Feel it filling your lungs. Exiting across your lips. Just observe it, without overthinking it. Make it easy, dropping into a relaxing rhythm that gets more effortless and easy as you progress.
5. Notice when your mind wanders to a thought... (acknowledge that thought) and then bring your attention back to the breath.

NB\* Sometimes it is hard to focus. Some days the chattering monkey brain is having a chill day. Other times, it's right up in your face. A wandering mind is to be totally expected, especially at first. When you first start meditating you might only do so for 2-3 minutes. Practice, and then lengthen the times as you get more comfortable with it.

## Find the type of mediation that works for you

Mindful meditation is a great place to start and, no matter where you progress from there will continue to form the basis of any ongoing practice because it always involves breath.

However, you might like to experiment with different types of meditation, including:

1. Guided Meditation
2. Loving-kindness Meditation
3. Walking Meditation

You can meditate using apps, enrol in free online group Meditations, and use meditations from free platforms like YouTube or SoundCloud.



## Options for developing your practice

The beauty of meditation is that the sky's the limit when it comes to types and styles of meditations, and you can tailor your practice to suit the time you have available and incorporate techniques that resonate with things you enjoy.

Develop a list of three or four favourite meditations, and save them to a playlist so you can quickly choose them and then follow the one that fits you best as you sit down to practice.

## Guided Meditations

Guided meditations are a great way to progress your practice.

The key questions to ask yourself as you search for guided meditations are if you prefer to listen to a male or female voice; and do you want the Guided Meditation to progress something like weight loss, more energy (or health, money, freedom, happiness etc)?

If you decide to focus on a topic, skim through the meditation first, really listening to what is being said. This is important because you want the words to fit your intent - some offer transcripts of the meditations, which is important if you choose to listen to subliminal meditations.

The type of music used is important too. There are sounds that relax us, and there are sounds that grate us. Binaural beats are good, but some people find they can't always listen to them. Sometimes they are distracting.

Here are some resources you might like to explore:

<https://soundcloud.com/mokshaschool>

- ▶ Abraham Hicks - Physical Well Being Meditation
- ▶ Ho'oponopono Time Line Healing New Decade



## Loving Kindness Meditations

These are guided meditations with the express purpose of enabling us to develop loving-kindness towards ourselves and others.

There are different ways to practice this form of meditation, each based on different Buddhist traditions, but each variation uses the same core psychological operation. During your meditation, you generate kind intentions towards yourself and others.

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The following is a simple and effective Loving-kindness Meditation technique to extend your practice.

1. Carve out some quiet time for yourself (even a few minutes will work) and sit comfortably. Close your eyes, relax your muscles, and take a few deep breaths.
2. Focusing on breathing through your heart, which helps you to become “heart centred” and evoke positive feelings.
3. Imagine yourself experiencing complete physical and emotional wellness and inner peace. Imagine feeling perfect love for yourself, thanking yourself for all that you are, knowing that you are just right—just as you are. Focus on this feeling of inner peace, and imagine that you are breathing out tension and breathing in feelings of love.
4. Repeat three or four positive, reassuring phrases to yourself. The following are examples, but you can also create your own:
  - May I be happy
  - May I be safe
  - May I be healthy, peaceful, and strong
  - May I give and receive appreciation today

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Here are some resources you might like to explore:

[Loving-Kindness Meditation \(Greater Good in Action\)](#)

[Loving Kindness Meditation - 15 Minutes - Metta Bhavana](#)

[Six Directions w/ Music Guided Loving-Kindness \(Metta\) Meditation - 30 Minutes -Soundtr...](#)



## Walking Meditations

There are different types of approaches to walking meditation, most of which depend on your location. A stroll in the countryside, for example, is different from a quick-paced walk through the city. But this meditative walk — perfectly suited for people who live a busy life — can be done anywhere and at whatever pace you like. Simply follow each cue for about 30-60 seconds:

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### **Body check**

As you start to walk, notice how the body feels. Heavy or light, stiff or relaxed? Take a few seconds to become aware of your posture and the way you're carrying yourself.

### **Observe**

Without trying to change the way you're walking, simply observe your gait. Bring your attention to it. This can sometimes make you feel self-conscious, but that feeling usually passes.

### **Tune in**

Tune in to what's going on around you — passing cars, other people, window displays, trees, the movement and still of things, or any other sights that come into your awareness field. You're not thinking about any of these things, though; you're simply acknowledging what you see.

### **Noting sounds**

Notice the sounds that drift in. What can you hear? Again, try to realize any noise but not dwell on it.

### **Familiar smells**

Now turn your attention to any smells, whether pleasant or unpleasant. Notice how the mind habitually wants to create a story out of each smell and how it might remind you of somewhere, something, or someone.

### **Physical sensations**

Next, make a point of noticing any physical sensations, from how the weather makes you feel to how it feels as the sole of your feet touch the ground. There's still no need to think about any of these observations. Simply notice, acknowledge, and let go.

### **Movement**

After a minute or two, contemplate the sensation of movement in the body: how the arms hang or swing by your side or how the weight steadily shifts from right to left. Observe your stride, your pace, and the rhythm you've become accustomed to.

### **Focus on your rhythm**

Use that rhythm — the soles of the feet touching the ground — as your base of awareness, a place you can mentally come back to when the mind wanders off. Repeat this throughout your walk, step by step, block by block, or mile by mile.

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These steps are guidelines, not rules, so adapt them to fit your walk, wherever you go or however long it takes. For example, on a walk that takes 10 minutes, you might use a street-by-street basis. At the beginning of each block, remind yourself of your intention to walk, free from distraction, until you reach the next cross-street or junction. As soon as you realize the mind has wandered, gently bring your attention back to the sensation of the soles of your feet.



Here are some resources you might like to explore:

- ▶ [Walking Meditation: Instructions and Benefits Explained](#)
- ▶ [Mindful Walking Meditation \(Relieve Stress\)](#)

[https://open.spotify.com/artist/7LaSuPeFZMdtk6iXf79dPx?si=3eHqVakSQu-Ay\\_DKwJStgw&dl\\_branch=1](https://open.spotify.com/artist/7LaSuPeFZMdtk6iXf79dPx?si=3eHqVakSQu-Ay_DKwJStgw&dl_branch=1)



## Additional Resources

### Music only

<https://soundcloud.com/search?q=meditation%20music>

### Himalayan Bowls

- ▶ Quick 11 min. Chakra Tune-up with Himalayan Singing Bowls HD
- ▶ CUENCOS TIBETANOS SANADORES • Sonidos Curativos para Aliviar Estrés, Ansiedad,...

### Free Meditation App

<https://meditofoundation.org/medito-app>

### Choirs & Chanting

- ▶ CHOIR sings OM SO HUM Mantra (Must Listen)
- ▶ OM SO HUM - I am the Universe
- ▶ THE DEEPEST OM || 108 Times || Peaceful OM Mantra Meditation

### Podcasts

<https://podcasts.google.com/>

(click through and search meditation)

\*NB Links change constantly and are often deleted or moved. The ones included as part of this coaching programme are checked and updated regularly, but if you visit one of the links and find that they've introduced adverts in the middle of a meditation (which happens often on YouTube) then please email us: [support@idealweightcoaching.co.nz](mailto:support@idealweightcoaching.co.nz) so we can update or change the links.





You should sit in  
meditation for 20  
minutes a day,  
unless you're too  
busy, then you  
should sit for an  
hour.

Zen Proverb