



Consistency & faith in the practice are key in progressing in meditation.

There are countless ways to practice meditation. Traditional yogic meditation falls under 3 categories. All are a form of Svadhyaya.

Svadhyaya: sva=self adhya=toward In essence, meditation is the act of moving toward the self.

Ekagrata One-pointedness

*Mantra meditation (repetition of a sound verbally or mentally) best done with feeling
Meditation on a candle

Focus on a deity/cross/Star of David/ cakra symbol/ spiritual master or guru

Focus on a part of the body.... Tip of nose, navel, or internally: center of chest, 3rd eye
Breath

Pratipaksha Bhavanam (Contemplation) looking from another viewpoint—cognitive reframing

imagining you are the other person in the situation

looking from a larger viewpoint (will this matter in 10 years?)

Vichara (Inquiry) cultivates discernment and cultivation of wisdom. Shapes our life perspective and direction

Questions such as "Who am I?"

Where am I from?

What is my purpose?

What are my priorities?

How much do I focus on what is truly important to me?

*repeating a mantra is traditionally thought to be the most potent tool to shift mood

Traditionally, a teacher who knows you well would select a mantra for you. If you don't have such a teacher, you can begin by choosing a mantra or a symbol that takes you beyond your thoughts, one that uplifts connects you to sources of inspiration + positivity.

Kathy can help you craft a meditation practice that works for you. www.meetkathywilliams.com