

Common Meditation Practices

Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



ALL MEDITATION PRACTICES SUPPORT EMBODIED FOCUSED AWARENESS

GUIDED MEDITATION

A guided meditation is one where a teacher guides you through the practice by leading you through various mental steps.

UNGUIDED/SELF-GUIDED

An unguided or self-guided meditation is one where you practice open-awareness or self-guide the steps based on your experience.

FOCUSED ATTENTION

Concentrating full attention on a single object, either internal (e.g. the breath and expansion/contraction of the lungs), external (e.g. a candle flame), or experiential (e.g. the process of eating). Within mindfulness-based focused attention, the attention is primarily placed on the breath and sensing the breath in the body. Research has shown this simple act improves concentration and lowers stress. Based on the Samatha meditation tradition, creating calm.

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OPEN MONITORING

Also called Open-Awareness, this is a meditation technique where the attention is open and remains aware of everything that is happening both internally and externally. It improves the ability to monitor one's experience without any reactions or judgements. Research has shown that it increases attention and the ability to accept without judgement. Based on the Vipassana meditation tradition, creating insight.

NOTING

A technique used during meditation to take notice and make a mental note of a sensation within the body or a stimulus that is occurring. An example would be when a pain is felt, note it as pain, if an itch occurs, note it as being an itch.

LABELING

Layered on top of noting, when something is noticed you can then label it as a metaphor that creates a stronger personal connection. An example is to label an in-breath as "restoring" and the out-breath as "refreshing".

COMPASSION/LOVING-KINDNESS

Loving-Kindness meditation, also called Compassion-based, is a practice where the focus is placed on wishing the self and others to be well, safe, happy and to be at peace. This practice is based on the Metta meditation tradition, creating care and compassion.

BODY SCAN

A body-scan meditation is where the mind explores the sensations of the body to determine areas of stress, tension, pain, or other sensations. The meditation is then used to loosen, or soften the parts of the body that are experiencing the tension to create calm.



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WALKING

A movement based meditation where focus is placed on the act of walking, typically at a very slow rate, concentrating intently on the movement of the foot moving from heel, ball, toe (perhaps noting as the pressure is felt) and sensing the careful balance within the body.

VISUALIZATION

A meditation method that uses the imagination to place the meditator within an envisioned setting or situation that creates insight into the feelings and emotions that the image evokes, creating a mental path to process the emotions in a positive way.

Notes:



Note: Mindfulness Meditation is different than Transcendental Meditation, which uses Hindu based chants/mantras.