



Meditation Resource Kit: Tools for Your Meditative Journey

The following resources are meant to help you experience a healthier, more joyous life. We invite you to experiment, adjust, and make it your own; these tools are just a start!

Begin each day by centering yourself with 3 deep, rhythmic breaths. Breathe all the way into your belly and slowly exhale. And/or try a 5-10 min. guided meditation. Here are some links:

- <http://www.namchak.org/teachings-resources/guided-meditations>
- <http://mindfulnessforteens.com/guided-meditations/>
- <https://www.headspace.com>
- Insight Timer App with a wide variety of guided meditations:
<https://insighttimer.com>

Here's a mini-checklist for when you sit down to meditate:

- Find a quiet space.
- Sit somewhere comfortable (cushion, pillow, blanket, etc.)
- Set a timer if need be (or choose a guided meditation).
- Breathe.
- Keep your spine as straight as possible.
- Observe.
- Keep pen and paper handy as you may find you want to jot down insights after your meditation.
- Try to pick the same general time of day, i.e. in the morning upon waking or before bed or at lunch time. This will create a natural rhythm so you can do it daily.

Articles & Websites:

- Compassion in the Workplace: <http://www.mindful.org/compassion-works/>
- Happiness Documentary: <http://www.thehappymovie.com/film/>
- Always Smiling Blog with more great resources: <https://alwayssmiling.co/blog/>
- Sign up for the Always Smiling introductory meditation eCourse: <http://www.namchak.org/teachings/e-course>

Many people find that meditation improves their life in the following ways:

- Less anxiety, better sleep and more clarity.
- Creates more trust & connection with yourself.
- Through giving yourself time to listen to your inner voice, you can support yourself to make choices that feel good & better serve you!
- Don't take our word for it, try it out and see how you feel!

