



Video Transcript

Meditation: Your Path to Mindfulness & Inner Peace

Hi friends, welcome to what will be sort of like an introduction to meditation. For those that have meditated before, I'm so happy for you that you found a practice that you can stick to and come back to. For those that are just starting today or starting to look into meditation and just curious like, huh, what is that all about? Let's talk about it. The reason why I felt like this practice can really be called reproofing your thoughts is because the act of meditation is creating and sharpening our awareness muscle, which in and of itself is reframing our thoughts, noticing our thoughts when they arise and bringing them back to the present moment. So that's kind of like the practice, but let's talk about a couple of the myths that come up in a meditation practice. First and foremost, when you meditate, you are not going to turn off your mind. Let's just like...

Put that aside. There is no such thing as quiet in your mind till it is just like emptiness and there is not a single thing in there. We are always going to be thinking. And when we are thinking, we just notice and come back. Thinking, thinking about what I'm making for dinner, how I want to do my hair, that text message I was supposed to send. What am I going to wear to that? Thinking, coming back. We have between 60 to 80,000 thoughts a day.

So to completely silence the mind would be nearly impossible. You can't turn off those thoughts, but you learn how to sit with them, how to reframe them. Sometimes our thoughts can be less straightforward, like, oh, I think I want to buy those shoes, and more a little bit difficult, more a little bit negative. Like, I'm really angry at myself for saying that, or I shouldn't have done that, or I think I can be better.

And that's when that negative self-talk starts to come in or that imposter syndrome or that doubt. And meditation practice has, for me and of itself, really helped me to catch that negative self-talk, to reframe those negative thoughts and think about them more like the way I would speak to a friend or a loved one, talking to myself in my thoughts as I notice them and bringing them back to the center. So we're going to practice our breath work.

and our meditation today with that in mind noticing what comes up noticing when our mind gets busy distracted or negative and just coming back to sensation so again we can't turn off the mind we can practice that awareness muscle and then the last piece is that when we're meditating we do not have to sit like in this perfect proper posture

I love a chair like this. If you have a backyard, you have a bed, wherever you want, you can start your meditation practice in whatever place feels comfortable for you. It does not need to look or be a certain type of way. You have to feel good about it. Right? Okay. And then the last thing I think most importantly is take care of yourself. You're a human with needs, right? So if at any point you need to itch your nose or sneeze or cough, that's okay.

You don't have to be perfectly still like a rock for this to somehow be impactful. Okay, let me sneak in one more thing. So one more important thing when starting your meditation practice is thinking that as soon as you're done meditating, that you're just like magically going to feel better, right? That just like all of your worries and all of your fears will just disappear. And if that was the case and you are genuinely a magic human because

Meditation is a practice and it's called a practice because we have to show up again and again and again to start noticing those benefits. And the benefits of the practice are so small, so small. But over time, those little small benefits accumulate to more and more and more to one day you look back at starting this practice and you're like, wow.

I remember when I used to feel that way. I remember when I used to judge myself. I remember when I used to not be able to sit still or told myself I couldn't or I shouldn't or I wouldn't. Yeah? So let's start there. You can sneeze, you can itch. You can think and you're gonna think. You'll notice when you have negative talk and you have to show up regardless and it's not gonna feel like a massage. It's gonna feel like a practice. But we get to do it together. So that is lovely. All right, so let's find a comfortable seat.

Adjust yourself wherever you need, your hips, however. And during this practice, I'm going to encourage you to take your palms and place them on your lap. If you're lying down, I'm going to say let's not lie down today unless you really truly need it. When we have a practice, we want to be a little bit more upright, a little bit more attentive as we meditate so that we can be more focused on that awareness aspect of our thinking mind. Okay.

So adjust your clothes, your hair, all of those things that you need to get comfy. Rest your palms on your lap. And then when you're ready, you can close your eyes. You'll take a moment here to arrive. This is what I call the discipline of arriving. It's taking whatever someone or something that's on your mind and allowing it to sit with you. Part of your practice. Part of you.

And to shake off those layers of judgment or doubt or tiredness or whatever you brought to your practice. We'll take three deep breaths in the nose and exhale out of the mouth. Breathing in. And out. Inhaling. And exhaling. One more big inhale. And exhale. Slowly letting the breath move back to its natural resting pace and rhythm.

And so here, this is simply just the breath coming in and out of the nose. And we might think that we have to force or change or manipulate your breath. That's not the case. It's really simply just acknowledging what it feels like to follow the inhale and follow the exhale. That rise and fall. The inhale and then the out front.

And as you begin to settle in and you're simply noticing the breath, maybe you can explore a little bit deeper. Maybe you can pinpoint in the body where you feel the breath move most easily.

Maybe it's in the belly, inflating and deflating. Maybe it's the chest rising and falling. Maybe it's the sensation of the air passing the roof of your mouth, the back of your throat.

Or maybe it's the temperature and the texture of the nose. As you feel the inhale through the nostrils. And the warm, slow exhale out the nose. Wherever you experience that sensation of freedom of breath. For this next breath, just enjoy that feeling. Really savor that, indulge. And that ease. Nowhere to go. Nothing else to do.

Just feel your body breathing. Notice how the mind begins to wander off. That's our awareness muscle. That's stinky. No matter what the storyline is, we just say, huh, okay. And without judgment, we come back to our body breathing. Inhaling and exhaling. Starting to acknowledge the sounds around you and in your space.

Re-acknowledging the weight of your hips and your body on whatever support you used for your practice today. Deepening your breath, big inhale. Long, slow exhale out the mouth. When you're ready, you can gently flutter the eyes open. Thank you so much for practicing with me. I hope you feel like you can return again and again to getting started right here.