

# **MEDITATIONS**

(for people who don't meditate)

By Miss Emily J. Hart

You don't have to meditate.  
But you can try these fun little exercises.

Sometimes the simplest and most natural things we can do are the best forms of  
'meditation' practice.

Let me know how you do!

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## Exercise 1: Healthy

Practice Name: Healthy

Best for: Recentering on positive thoughts, bringing good energy into your body, refocusing on health and vitality

Practice steps:

Relax the grip on your mind and body for a moment and think the following in a way that feels good to you.

Note - you can add anything before 'healthy' that feels good to you, don't feel confined.

These following can be considered a starting place.

(Or if you prefer to simply read these as they are, then that counts too! 😊)

I am Healthy

My life is healthy

My body is healthy

My mind is healthy

My emotions are healthy

My bones are healthy

My flexibility is healthy

My relationships are healthy

My lifestyle is healthy

My energy is healthy

My nails, hair and teeth are healthy

My family is healthy

The planet is healthy

The world is healthy

### **Story time:**

*I find it especially beneficial to practice this meditation in the morning when I am still in bed. The connection between mind and body is so fresh in that moment after being deep in the subconscious - and this reconnection to health within body and mind feels cleansing to the spirit.*

## Exercise 2: Simon Says

To regain a sense of control when things feel out of control - play Simon says with yourself in the following way -

Same as Simon Says - but there is No need to trick yourself in this version!  
Thi version removes the trick aspect of the original game.

You can use the following prompt as a starting place and lead into whatever feels right for you.

(Or if you don't want to come up with more you can just to these ones 😊)

Simon says put your hands on your head  
Simon says relax your shoulders  
Simon says breathe deeply  
Simon says unclench your jaw  
Simon says meditate  
Simon says stop overthinking  
Simon says feel peaceful  
Simon says think of something nice  
Simon says feel joyful  
Simon says relax your forehead

*Story time:*

*The first time I used this I found myself exploring things like 'Simon says to stop overthinking about "x", simon says release all that doesnt serve you, simon says empower yourself and - WOW !!!*

*I felt a lightness and clearing of energies that had felt heavy just a few moments before. If you're willing - explore what this childhood game can actually do for you - because it taps into something that is more powerful than you may realize. We all want to WIN at Simon says. And by the way you do not and should not trick yourself in this one like in the real game of simon says. This is a way for you to regain control of what is happening within you. Because we can not control other people and we can not control the world - but we can work to have better control of and better mastery of ourselves. And it doesn't have to be a drag!*

## Exercise 3: Do nothing

Set a timer for however many minutes you want. Maybe five? Maybe 10, 20 etc.

Think of it as doing something, but instead do nothing at all.

Establish within yourself that during this time you will do nothing at all. That doesn't mean you can't change your posture, blink your eyes, move your head around or shift your weight.

But it means don't be grabbed by anything that pulls you from where you are either mentally or physically.

For instance - if by chance you are sitting in a chair and you see that something should be moved in order to clear the clutter - instead of getting up to move it,

do nothing.

If the phone rings, let it ring.

If you suddenly remember you wanted to replace the painting on the wall with another you had just purchased.

This is not the time to act.

And on and on with these types of examples as they relate to your experience.

Look around at your environment and be there. Simply be there. Don't worry about grabbing anything, moving anything or responding to any of your compulsions.

As for thoughts, don't worry too much about them either. Let them come and go without holding them. If a thought grabs you and holds on, try to recognize it at some point and let it go.

And each time it happens try it again. Let it be a game to witness what compulsions go on within yourself.

## **Exercise 4: Learn a party trick**

Practice saying the alphabet backwards!

At first you can try without writing it down, but you can also write it down.

As a matter of fact, here it is:

**z y x w v u t s r q p o n m l k j i h g s d c b a**

Fun side note: You can sing it to the same beat as the original alphabet song.

Enjoy!

Learn something new!

Keep yourself flexible!

See things in more than one way.

## Exercise 5: Dance

There is something very natural about dancing.

You will be surprised how much taking a moment of your day to dance will revitalize and energize you.

Stagnant energy can get caught in our bodies, causing stress, discomfort and even disease. Moving and energizing our bodies through dance (even if one is not particularly talented at dancing) can reset our energy and help us get un-stuck.

*Story Time: I was having a very emotionally difficult day after experiencing what felt like a deeply personal betrayal and I could feel myself falling into 'the dumps'.*

*It wasn't until I turned on one of my favorite dance songs and gave myself the permission to dance like no one was watching - waving my hands in the air and bouncing around like a little pixie - that I could start to release the weight of what had felt burdensome.*

*It did not heal me completely, but it certainly moved me in the right direction and helped me to initiate a get together with a real friend, where I was able to vent a little, and then work on this very book!*

## **Exercise 6: Best Moment Ever**

Slow down for a moment and look around.

Become still.

Calm down, breathe deeply and look around. Notice the details of where you are right now, no matter where you are. Notice the shapes, colors and weight of what is around you.

Notice the art, or the emptiness.

Take in the sounds, the air and let it all settle into your calm mind for a moment.

...

Now repeat to yourself. "This is a beautiful moment" and in that statement to yourself realize the value of life - the fleeting nature of everything we so often rush past and through.

## Exercise 7: Tech Cleanse

Best for: Easing Overwhelm, Emotional Overload, Fear and Overstimulation

Practice:

This is all about stepping away from technology in a way that feels safe for you - but also likely will push you a little past your comfort zone. These days we are all closely tied to our cell phones, not to mention our computers and televisions. With a tech cleanse you have options.

Option 1: Turn off your cell phone for an allotted time - as little as one hour or as much as a weekend or more. Keep the phone somewhere out of sight - in a cupboard or a drawer somewhere and let yourself truly disconnect from it.

Option 2: Turn off and step away from any electronic entertainment technologies. Turn off your cell phone, do not use any television, computer, tablet or any other type of tech. Put them all away and be present where you are.

Ideas for things to do during your tech cleanse:

Journal, work on a creative project with pen and paper, draw, paint, write a letter, spend time with a family member, relax with your pet, stretch, take a nap.

*Story time: For many years I would go on a 'tech cleanse' every weekend. Every Friday I would turn the phone off and put it away in a drawer and would not retrieve the phone until I woke*



*up Monday morning. I was genuinely surprised by how these weekend tech cleanses reoriented my experience of time.*

*Suddenly I had so much more time. Not constantly checking the phone or the time, or wasting time scrolling, or even engaging with friends and family unnecessarily.*

*Time opens up in a way that is deeply settling.*

## **Exercise 8: Nature Walk**

Best for: Slowing Down, easing emotional discomfort, easing sense of loss or confusion  
Although this is not the most original practice in the book any meditator who doesn't meditate should have it handy when needed.

## **Exercise 9: Hum**

Wherever you are, relax.

Allow yourself to begin humming - however it comes out.

Once you have started humming start to go to a higher note of humming, then another level higher, now the highest hum note you can do (this should not be straining - it is just for fun not stressful). Good, now go to a low note, now one note lower, now the lowest note.

Now from the lowest note go up to the highest and from the highest to the lowest.

And now that you have felt your humming range, go to where humming feels the best - hum right there for a short while and feel the resonance. When you feel it is complete fade out of humming.

That's all.

## Exercise 10: Waking up with Body Scan

When you wake up , first thing before you do anything else.

Say within, and visualize a body scan where you say 'I love my'

So

I love my toes, I love my feet, I love my heels, I love my ankles, I love my calves, I love my shins, I love my knees - up and up all the way until you get past your head, your hair and then say I love my life and feel a warm glow all around you.

Then get up and start your day.