



MEDITATION GUIDE

# WORKBOOK

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# ¿What is meditation?

Meditation, in simple terms, is a powerful and highly effective technique. Through the use of relaxation, visualization, focusing the mind on a particular object or thought and mindfulness training, we can achieve clarity of mind, a calm state of being, personal transformation and spiritual evolution.

For the purposes of this mini workbook we will focus on meditation as a skillful method to transform the pain of our identity with the ego (the part of us that identifies with positions and possessions) and replace it with a clear understanding of our totality and infinite potential. It shows us how we are not a separate entity but we can understand how we are connected to everything and everyone around us.

# Integrating the active and silent mind

The **active** mind is our part of the intellect and reasoning. It includes our thoughts, emotional imprints from the past, discernment and imposed labels. It gives shape and meaning to the flow of information. It is essential for organizing and translating visions into action. It allows us to interpret what we perceive from the outside world.

The **silent** mind is the aspect within us that is alert and receptive. It has the ability to BE or simply be PRESENT in contrast to the "doing" part of the active mind.

The ability to access our silent aspect of the mind offers us a door to infinite wisdom and creativity, self-awareness, and emotional well-being. If we access this source of consciousness regularly, it can determine our ability to cope with highly complex life situations.

# How to prepare your meditation space

If possible, create a special space or corner. Don't be overwhelmed by how it should look. Just find things (pictures, books, journal) anything that connects with your heart. These are some suggestions to make your experience more comfortable.



## 1. A comfortable cushion or chair

You don't have to meditate in crossed legged position. If it is more comfortable for you in a chair with your feet on the floor that is perfect.



## 2. A blanket

Body temperature tends to drop during meditation and having a blanket helps avoid this distraction.



## 3. A pleasant smell

Whether it's incense, candle, or an essential oil, use something gentle to your sense of smell. Try to use the same smell always to train your mind that when you put that smell it is time to meditate.

# Finding the right motivation

When someone decides to initiate a practice of meditation that decision usually comes after a painful or traumatic event. Sometimes people are looking to simply reduce stress and emotional well-being or to find solutions to situations that have gotten out of control. Others progressively understand that it is time to explore another way of living their life.

Either way, it is always important to have proper motivation and develop a spiritual discipline.

Every time you sit down to meditate, remember why you sat down to meditate in the first place. Go through your intentions every morning.

On the next few pages, reflect on where you are at this moment and determine your "whys"

This will help solidify your motivation.

# Mind, Body and Spirit

## Check-In

Reflect on situations that are affecting your life at this time of your life. Take a moment to review the three aspects of yourself- mind, body and spirit. There is no good or bad answer here. This is a private reflection

These situations always bring pain or discomfort to my life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How can I minimize these situations in my life?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Self-Care Checklist

Reflect on how you take care of these three aspects of your life

*Mind*

I take care of my mind by...

*Body*

I take care of my body by...

*Spirit*

I take care of my Spirit by...

# Meditation in *Practice*

Let's meditate together





# Tips for your meditation practice

- Let go of expectations of what your meditation practice should look like
- Don't judge your results according to what happens during meditation, rather what are the results you are obtaining outside of meditation
- It is normal to have a lot of thoughts during your practice - you are not less spiritual or not a qualified meditator because you have an active mind
- You will start noticing subtle changes in life after starting a meditation practice. Meditation is cumulative. Persist in your practice
- Don't be an SOS meditator- only in stress emergencies. Meditation is not only for when you have stress. Think of it as your mental hygiene routine
- Trust that your HIGHER SELF is guiding you at all times

*Let silence speak for you and  
everything will fall into place*

