

Meditation



Week Three: Mantra or Affirmation Meditation

Pework Expectation: Watch this video from Yoga with Kassandra.
[5 min Mantra Meditation for Beginners - Easy Guided Meditation](#)

Learning Objective: (“Each participant...”)

- Can identify and understand different meditation techniques.
- Will apply meditation to manage stress and provide space for positive thoughts.

Essential Concept:

Identify and utilize coping strategies.

- Explain proper prevention/management of health
- Identify how being mindful of our actions impacts our health

Skills Required:

- Self-management
- Stress management

Opening question(s):

“What colors did you choose to represent positive thoughts in last week’s exercise?”

Or

“How did that make you feel?”

Meditation



Thoughts for Consideration:

Meditation has been used for thousands of years for the many benefits it offers. It does not require you to believe in a specific faith or practice any associated rituals and can be viewed as a mostly secular practice.

Recently, science has stepped in to demonstrate that the assumed benefits of meditation are real and can have lasting impacts on our personal and work lives.

Mantras can be syllabic sounds without specific meaning or they can be built from verbal affirmations. To make this practice simple, we'll start with affirmations. We have our favorites, right? Some of them may come from celebrities:

- "I missed every shot I didn't take." – Wayne Gretzky
- "I am the greatest! I said that even before I knew I was." – Muhammad Ali

Other affirmations may be generic and seem to appear in our social media feeds and cultural vocabulary from out of nowhere. We're looking for you to create an affirmation that has specific meaning to you. You won't need to share it publicly. Some examples:

- "The point of life is balance, not perfection."
- "My past is not a reflection of my future."
- "I am calm and at peace with myself."
- "I am strong, capable, and do anything I set my mind to."

You get the picture. What affirming thoughts can you turn into a mantra to engage your meditative practice?

Meditation



Connecting This Lesson To Our Work:

- How does repeating an affirmation help you at work?
- What mantra can you create that helps you affirm your role on the job?

Action:

Today, we are going to teach you the third of our four meditation practices. This one is called Mantra or Affirmation Meditation. This practice, once again, builds upon our first meditative practice, Concentration Meditation and breathing. We'll start by trying this for five minutes or so and build on it each day until we can reach fifteen minutes.

1. Start with our basic meditation practice. Sit comfortably, be quiet, listen to your breathing, etc.
2. Take a deep breath inward, filling your lungs completely. Now, on your exhale say your mantra (either to yourself or out loud) and stretch it out for the full length of your exhale.
3. As you finish saying the last word in your mantra, you should be trying to completely empty your lungs. This may mean you'll need to pull in your diaphragm to expel the last bits of air.
4. Continue to breathe and repeat the mantra, but now you should try to visualize what it means as you say each word. This visualization will help you stay focused and prevent distractions from creeping in.
5. If, as will happen, those stressful thoughts show up, don't fight them. Acknowledge them and let them roll right on through. Pick up your mantra and continue breathing. The rhythm of breathing in and reciting your mantra during the exhale will soon become a calming practice.

Mantra meditation can be used quietly in the midst of stressful situations to help calm you; maybe while you're in a traffic jam, or in a stressful meeting. Once you get good at, no one needs to know you're doing it!

Weekly To-Do's:

1. Continue on your 21-day Meditation challenge and keep it going!
2. Make sure to use your 21-day Challenge Journal to track your progress

Alternate Discussions:

- What is an example of an affirmation that makes you laugh?
- What is an example of one that is serious?