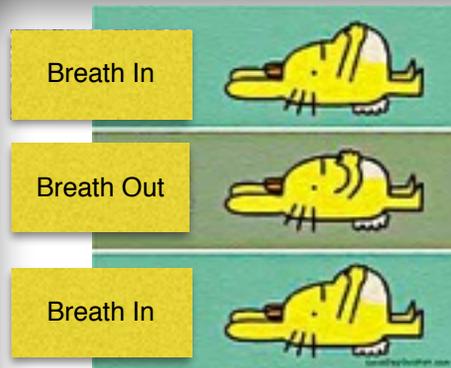
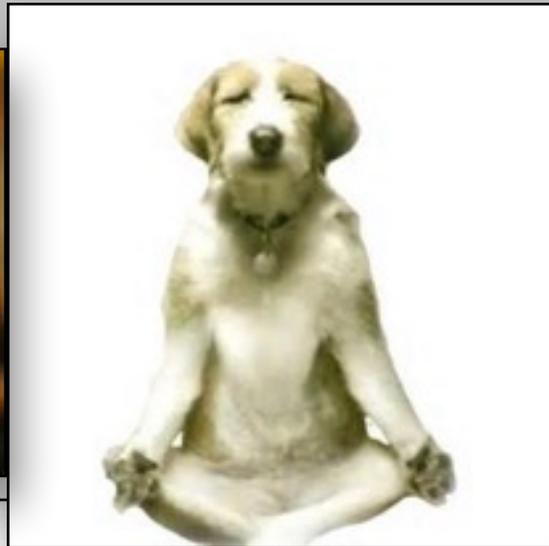
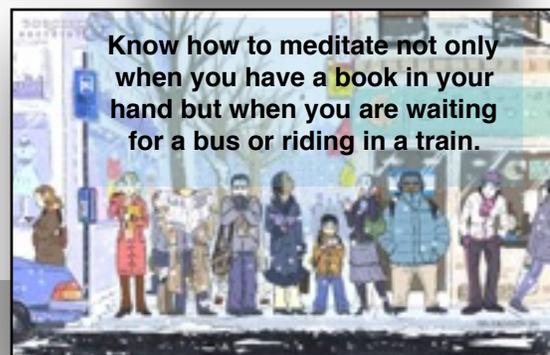




# My Meditation Book



**IF EVERY CHILD  
IN THE WORLD WOULD BE TAUGHT  
MEDITATION,  
WE WOULD ELIMINATE  
VIOLENCE FROM THE WORLD  
WITHIN ONE GENERATION.**  
THE DALAI LAMA



Know how to meditate not only when you have a book in your hand but when you are waiting for a bus or riding in a train.

"I normally do my meditation in the morning. It's the first thing I do when I get up. I find that to be the best way to start the day. It gets me in balance before the busyness and hecticness of the day kicks off."

- Kobe Bryant



© MIRALL LIFESTYLE

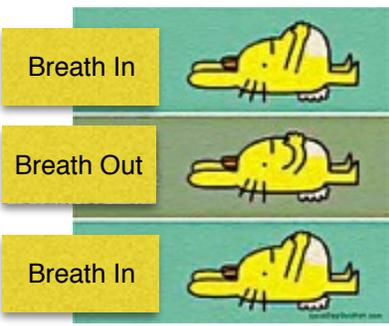
# Your Meditation Book

## Meditations

This is your Meditation Book. Write your name on the front cover. Practice these meditations by yourself or with your friends and family in a quiet place. Try to teach meditation to others.

## Practice Meditation Everyday

Here is a list of meditation practices. Do some of these throughout your day. Think of some other meditation practices you can do and write them down at the end of this list.

<p><b>Bell</b></p>	 <p>Whenever you hear a bell, a car horn or a siren, stop. Breathe in. Breathe out.</p>
<p><b>Belly Breathing</b></p>	<p>Every morning when you get up say to yourself:</p> <p>"I breathe in and my belly goes out. I breathe out and my belly goes back."</p> 
<p><b>Backpack</b></p>	 <p>Every time you put on your backpack say to yourself:</p> <p>"I lift my backpack up onto my back. I wiggle a little to make it comfortable. I breathe in. I breathe out."</p>
<p><b>Flag</b></p>	<p>Whenever you see a flag, say to yourself, "I breathe in peace to myself, I breathe out peace to others."</p> 

## Bell Meditation

Go to a quiet place. Remove your shoes. Sit in a relaxed position. Place a bell on the floor in front of you. Hold your back straight, not stiff.

Ring the bell.

Breathe in.

Breathe out.

Imagine the sound of the bell is the voice of someone who loves you very much and is calling you.

Ring the bell.

Close your eyes softly, don't squeeze them shut.

Breathe in.

Breathe out.

Think about the person who loves you and wants you to be happy and peaceful.

Imagine you are inviting that person to sit with you.

As you breathe say to yourself:

“Breathing in, I feel fine. Breathing out, I feel happy.”

Repeat breathing exercise slowly 3-4 times.

Slowly open your eyes.

Ring the bell.



### Practice Meditation

Whenever you hear a bell, a car horn or a siren, **stop.**

Breathe in. Breathe out.



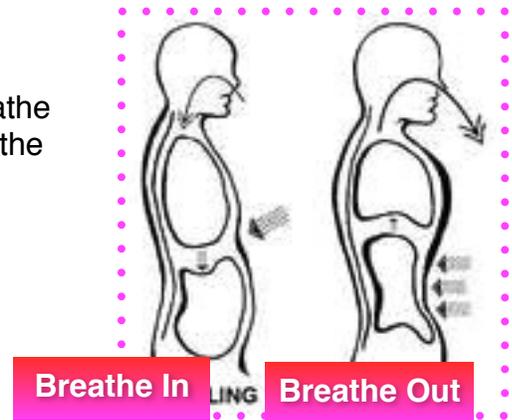
# Breathing Meditation

Go to a quiet place. Remove your shoes. Sit in a relaxed position. Place a bell on the floor in front of you. Hold your back straight but not stiff. Loosely place your hands on top of your legs with your palms up.

Ring the bell. Breathe in. Breathe out.

Hold a finger like a mustache right under your nose. Breathe out. Feel the breath on your finger. Now breathe in. Feel the breath in your nose.

Put your hands on your belly.  
Pretend your belly is a balloon.  
When you breathe in you are blowing up the balloon.  
When you breathe out your belly goes back to normal.



Close your eyes softly. Don't squeeze them shut.  
Breathe in.  
Breathe out.  
Practice breathing in silence for a few moments.  
Slowly open your eyes.  
Ring the bell.

---

**Write down some different times during your day when you can stop and breathe in and breathe out.**

<i>Before I eat my lunch</i>	



## **Peace Flag Meditation**

### **Activity**

Cut out the flag on the next page. Write your name on one side. Write P E A C E on the other side. Decorate with stickers if you like.

You can make more flags with names of your family and friends and string them all together.

### **Meditation**

**Go to a quiet place.**

**Remove your shoes.**

**Place a bell on the floor in front of you. Sit in a relaxed position.**

**Hold your back straight, not stiff.**

**Ring the bell.**

**Breathe in.**

**Breathe out.**

**Imagine your peace flag is blowing in the wind. Imagine the wind blows your name off the flag into the air all around the room, all around your home, and all around the outside world.**

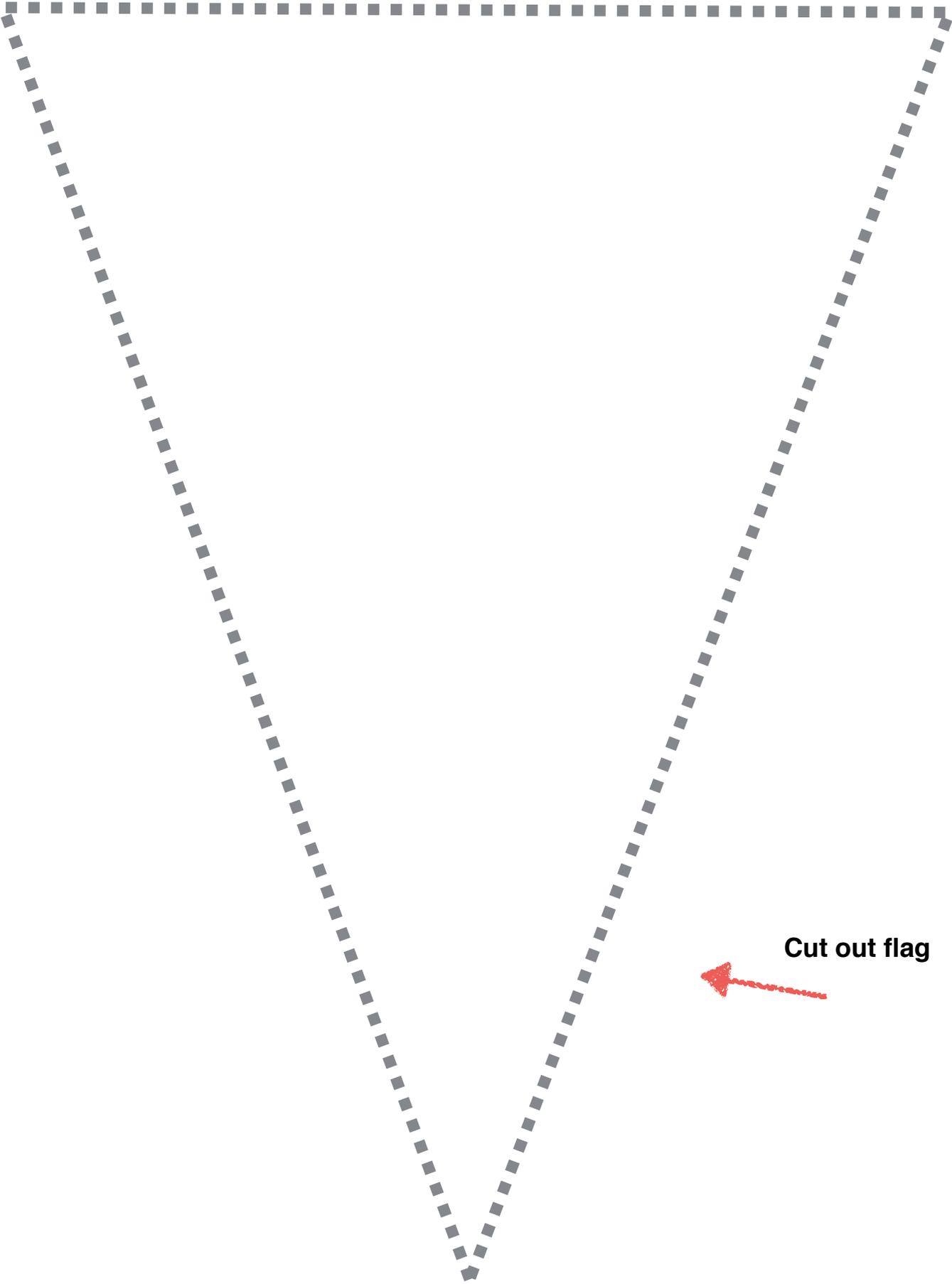
**Close your eyes softly.**

**Whisper to yourself:**

**"I spread peace to the world. The world is more peaceful if I am more peaceful."**

**Slowly open your eyes.**

**Ring the bell.**



**Cut out flag**





## Guided Meditation

### Let's Go on an Adventure!

Sit in a comfortable position. Hold your back straight, not stiff. Roll your shoulders slowly forward and then slowly back. Lower your head slowly toward your left shoulder, then lower your head slowly toward your right shoulder.

Notice how your breath flows in and out. Don't change your breathing in any way, simply notice how your body breathes.

### Ring Bell

Close your eyes softly, don't squeeze them shut. Sit quietly. Say these words to yourself.

*I'm going on an adventure, not out the front door but through an inner doorway in my mind to the beach on a warm summer day. I don't feel hot or cold. Just right. I see myself standing by the water. Small waves wash against the sand over and over. I breathe in and out with the waves.*

*In and out.*

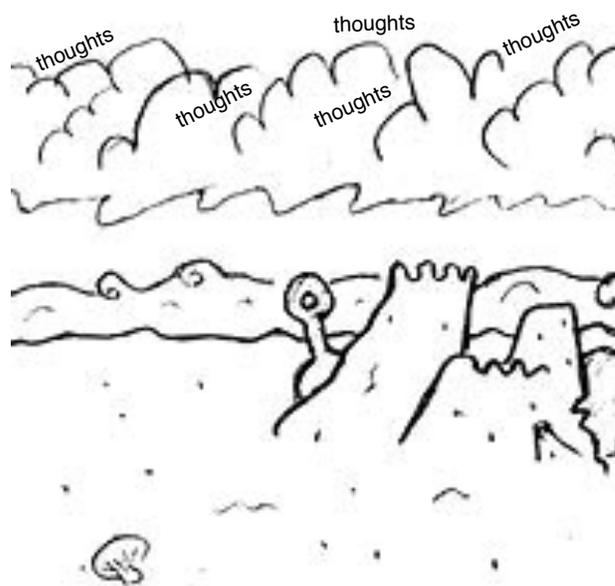
*In and out.*

*(Pause)*

*My body feels limp like a fish in the water. I am relaxed and comfortable. Safe and happy. My thoughts are light and airy. I let my thoughts pass by on the clouds in the sky. I breathe in and out with the clouds.*

*In and out.*

*In and out.*



### Ring Bell.

Now, slowly stretch out your arms and legs. Open your eyes.

Do you feel new energy, all set and ready to go?

## Labyrinth Meditation

Go to a quiet place. Remove your shoes. Sit in a relaxed position. Place a bell on the floor in front of you. Hold your back straight, not stiff.

Ring the bell.

Breathe in.

Breathe out.

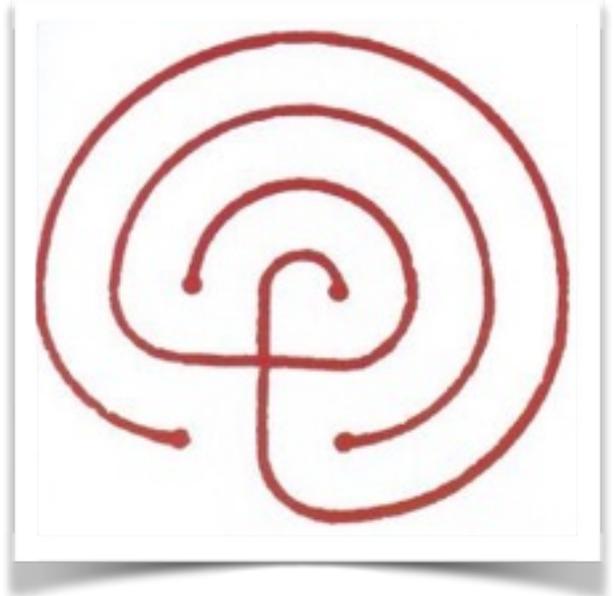
This is a labyrinth. You take one winding path to the center and take one winding path back out.

Put the large labyrinth in front of you. Place one finger on the entrance to the labyrinth. Slowly follow the path with your finger to the center. Pause at the center. Slowly walk your finger back out.

Breathe in.

Breathe out.

Ring the bell.

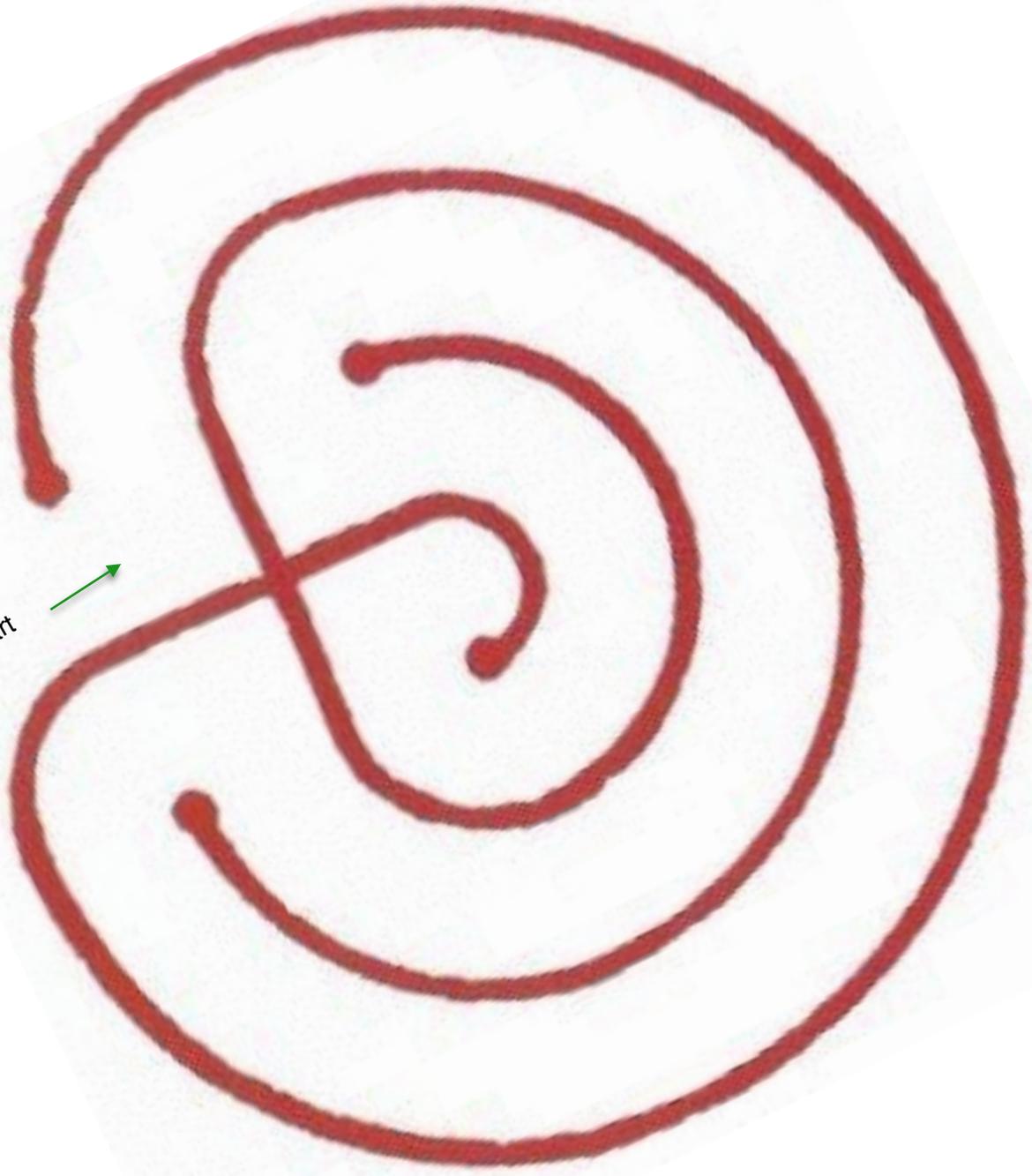


---

Write down some places where you can go and imagine you are walking in a labyrinth.

<i>sitting on the bus</i>	

Start



**Labyrinth**  
Finger Walking Meditation

## Lovingkindness Meditation

Read the the 4 promises on the worksheets on the next 2 pages. Write a name or draw a picture or pictures on each page. When you are finished, sit quietly and do the Lovingkindness Meditation. Practice the Lovingkindness Meditation every week.

Sit in a relaxed position.  
Hold your back straight, not stiff.

Ring the bell.  
Breathe in.  
Breathe out.

### Lovingkindness Meditation

Say this quietly to  
yourself:

May I be happy.

May my family be  
happy.

May my friends be  
happy.

May the birds and  
animals be happy.

May the world be  
happy.

Breathe in.  
Breathe out.  
Be silent for a  
few minutes.  
Open your  
eyes slowly.  
Ring the bell.



I promise to develop understanding and compassion in order to live peacefully with people, animals and the earth.

1. "I promise to develop understanding and compassion to live more peacefully with this person."  
Draw or write the name of a person.



2. "I promise to develop understanding and compassion to live more peacefully with this animal." Draw or write the name of an animal



I promise to develop understanding and compassion in order to live peacefully with people, animals and the earth.

3. "I promise to develop understanding and compassion to live more peacefully with this plant, flower or tree." Draw or write the name of a plant or flower.



4. "I promise to develop understanding and compassion to live more peacefully with this part of the earth." Draw a park, lake, sky, or mountains.

## Write Your Own

This is a meditation on Silence. Say the printed words quietly to yourself. Then write your own meditation and say your own words to yourself. In the silence, contemplate beauty, goodness and peace. Ring Bell. Breathe in. Breathe out.



*I silence my **eyes**.*

*I close them to the faults of others.*

*I open them to beauty, goodness and peace.*

Close them to: \_\_\_\_\_

Open them to: \_\_\_\_\_



*I silence my **ears**.*

*I close them to gossip and ugly, nasty words.*

*I open them to beauty, goodness and peace.*

Close them to: \_\_\_\_\_

Open them to: \_\_\_\_\_

*I silence my **tongue**.*

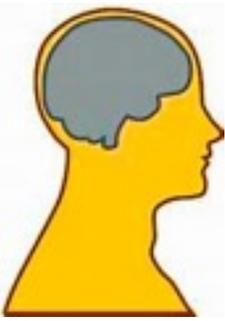
*I close it to mean and loud words.*

*I open it to beauty, goodness and truth.*



Close it to: \_\_\_\_\_

Open it to: \_\_\_\_\_



*I silence my **mind***

*I close it to suspicion of others and destructive plans.*

*I open it to beauty, goodness and peace.*

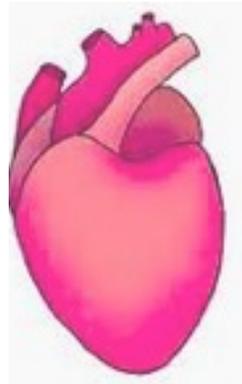
Close it to: \_\_\_\_\_

Open it to: \_\_\_\_\_

*I silence my **heart**.*

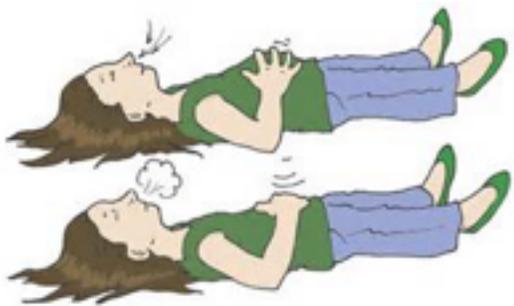
*I close it to selfishness, hate and violence.*

*I open it to beauty, goodness and peace.*



Close it to: \_\_\_\_\_

Open it to: \_\_\_\_\_



*I silence my **breath**.*

*I close it to shallow, short bursts.*

*I open it to breathing deeply and slowly into my belly.*

Close it to: \_\_\_\_\_

Open it to: \_\_\_\_\_

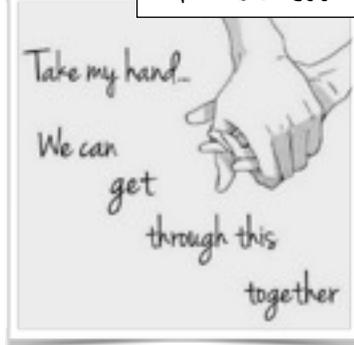
*I silence my whole body and mind.*

*I open my whole body and mind to beauty, goodness and peace.*

BEAUTY



GOODNESS



PEACE



Use this space to draw your own pictures of beauty, goodness and peace.



## The Stone Meditation

Place a flat stone on your right side. Sit with your legs straight or crossed. Hold your back straight, not stiff.

Ring bell.

Breathe In.

Breathe out.

Quiet your eyes. Do not shut them. Pick up the stone in your right hand. Place it in your left palm. Put your right hand flat over your left palm covering the stone. Now close your eyes softly. Do not squeeze them.

Think of a flower. Breathing in, I see myself as a flower. Breathing out, I feel fresh and pretty.

Think of a mountain. Breathing in, I see myself as a mountain. Breathing out, I feel solid and strong.

Think of a lake. Breathing in, I see myself as water. Breathing out I feel clear and calm.”

Think of a star. Breathing in I see myself as a star. Breathing out I feel free and light.”

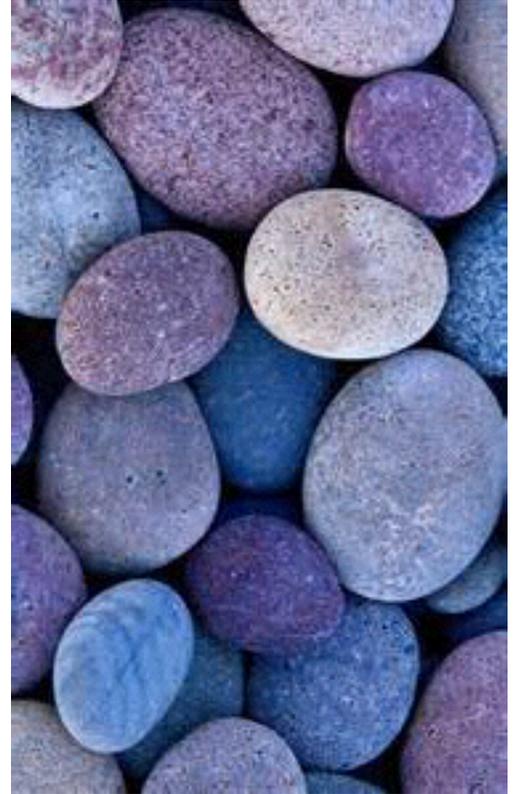
Silence for a minute.

Place the stone on the floor on your left side.

Breathe in.

Breathe out.

Ring the bell.



# The Three Secret Sayings Meditation

Sit in a relaxed position.  
Hold your back straight, not stiff.

Ring the bell.  
Breathe in.  
Breathe out.

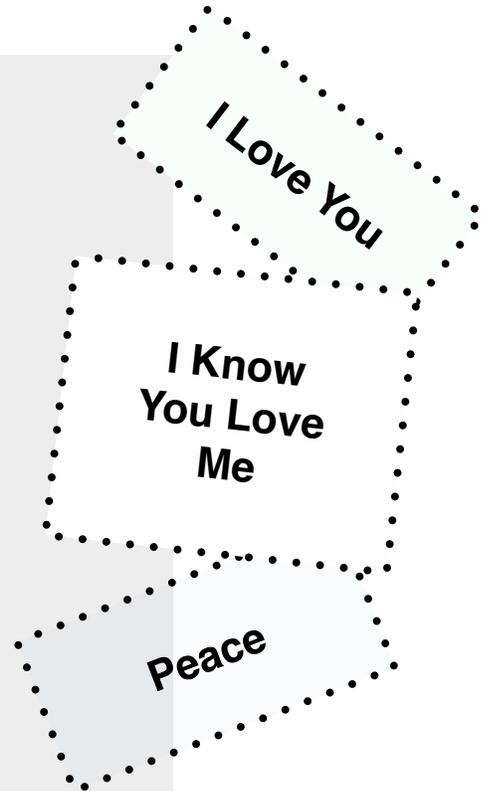
Whisper the three secret sayings silently  
to yourself about one special person  
in your life.

"I love you."

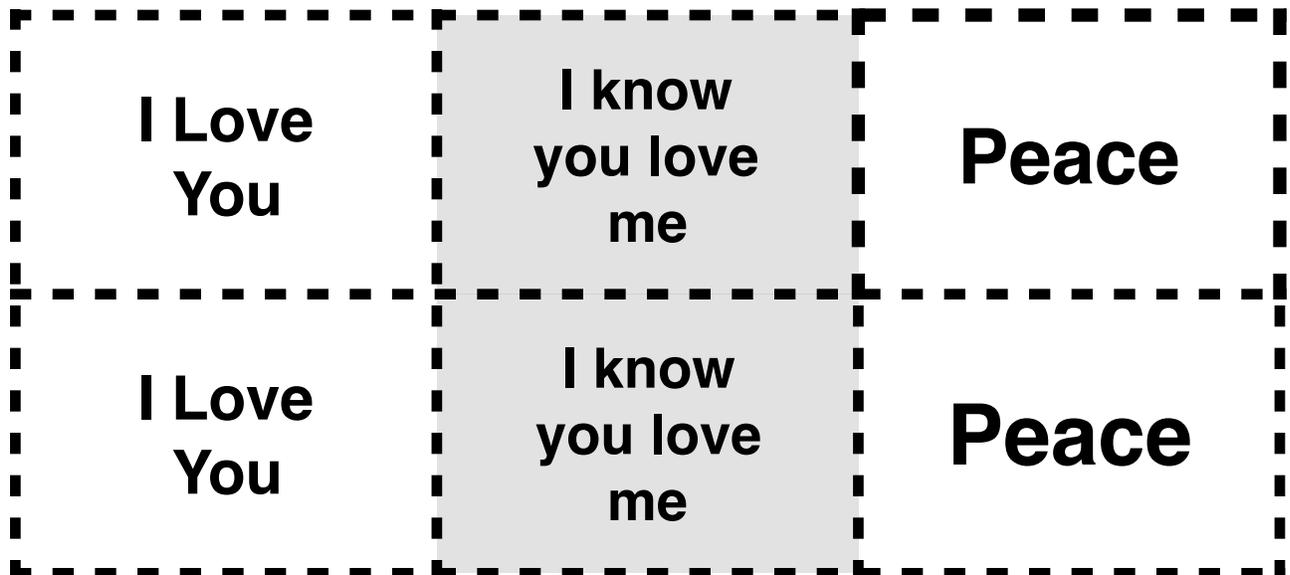
"I know you love me."

"I wish you peace"

Breathe in.  
Breathe out.  
Ring the bell.



Practice Kindness: Cut out the  
secret sayings coupons  
and give them to  
special people in your life.





**I Love  
You**

**I know  
you love  
me**

**Peace**

**I Love  
You**

**I know  
you love  
me**

**Peace**

**I Love  
You**

**I know  
you love  
me**

**Peace**

**I Love  
You**

**I know  
you love  
me**

**Peace**

**I Love  
You**

**I know  
you love  
me**

**Peace**

**I Love  
You**

**I know  
you love  
me**

**Peace**



## Five Finger Meditation

Do this before a test at school or anytime you feel scared or nervous.

Put your index finger of one hand on the wrist of the other hand, just below the thumb.

Breathing in, slide the finger up the outside of the thumb.

Breathing out, slide the finger down the other side of the thumb.

Breathing in, slide the finger up the first finger;

Breathing out, slide the finger down the other side of the first finger.

Breathing in, slide the finger up the second finger

Breathing out, slide the finger down the other side of the second finger.

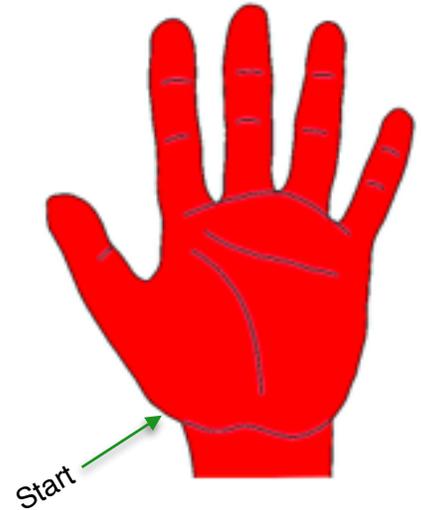
Breathing in, slide the finger up the third finger.

Breathing out, slide the finger down the other side of the third finger.

Breathing in, slide the finger up the fourth finger.

Breathing out, slide the finger down the other side of the fourth finger.

Change hands and repeat.



Do this whenever you feel nervous or excited or sad, before a test at school, before playing a game against someone, before a music or dance performance, when you walk to school, when you get in trouble, when someone dies.

---

Write down some other times you might use the five-finger meditation.

<i>when older kids bully me</i>	
<b>when I don't get my own way</b>	

## Family Meditation Body Relaxation

Gather your family or friends together and invite them to meditate with you.

Have everyone lie down on the floor on their backs with their arms at their sides and their palms turned up toward the ceiling.

You can be the Guide or ask someone else to be the Guide. The Guide slowly says the meditation.

Start here ↓

**Ring the bell.**

Breathe in. Breathe out.

This is a relaxation meditation. The meditation ends when you hear the bell. Close your eyes softly. Listen to my voice and imagine it is you talking to yourself.

As I breathe in and out, I become aware of my whole body lying down. I feel all the areas of my body that are touching the floor: my heels, the backs of my legs, my bottom, my back, the backs of my hands and arms, the back of my head. I breathe in. I breathe out. I feel myself sink deeper and deeper into the floor.

Breathing in, I feel my two eyes. Breathing out, I send love to my eyes. Breathing in, I let all the many muscles around my eyes relax. Breathing out, I send my two eyes my love and care. My two eyes are a gift! With my eyes, I can see. I can see you and I can see me. I can see birds flying in the bright blue sky. I can see the yellow moon up above. I can read, write,



and watch television. I can watch ants build and I can do long division. When I'm sad, I can cry and let the tears flow. My eyes let everything inside of me show. Breathing in, I squeeze my eyes shut. Breathing out, I release them and let them relax. Thank you, eyes, for letting me see; there is so much beauty to see around me.

Breathing in, I'm aware of my two hands. Breathing out, I completely relax all the muscles in my two hands. Breathing in, I feel lucky to have two good hands. Breathing out, I send love to my two hands. Because of my hands I can play in the sand and build

a sand castle. With my two hands I can paint, I can draw, I can write. I can build and fix things, or pet an animal. I can ride a bicycle. I can climb a tree and throw a snowball. I can

hold hands with my friend, tie my shoelaces; I can help make cookies, hamburgers, or tamales; I can brush my hair. Breathing in, I stretch my hands wide. Breathing out, I relax them. My hands are two very good friends, always ready to help me.

Breathing in, I'm aware of my two feet. Breathing out, I send love to my feet. I wiggle my toes, all ten of them. How nice to have two feet! With my two feet, I can walk and run, play sports, dance, and ride a bike. My feet love to feel the warm sand when I walk on the beach. When it rains, my feet love to splash in a puddle. In the park or playground, my feet love to run and jump and skip. And when I am tired, my two feet love to rest. Thank you, feet! Breathing in, I stretch my feet and toes. Breathing out, I relax my feet. I feel lucky to have my two feet.

Breathing in, I feel my lungs grow bigger. When I breathe out, I feel my lungs get smaller. Breathing in, I feel so happy to have my lungs. Breathing out, I send love to my lungs with kindness. My lungs help me breathe in and out all day and night, even when I sleep. They bring oxygen into my body and give me the power to speak, to sing, to shout, to whisper, to giggle, and to grumble. When I was just born, the first thing I did was to take a deep in-breath. And ever since then, my lungs have been there for me, every minute of everyday. I breathe the fresh air into my lungs, and breathing out, I let them rest and relax. Thank you lungs for helping me breathe!



Breathing in, I know my heart is beating inside my chest. Breathing out, I enjoy my heart and let it rest. With my in-breath, I send my love to my heart. With my out-breath, I send love to my heart. My heart keeps me alive and it is always there for me, every minute, every day. It never takes a break.. It is an organ that allows me to do everything I do throughout the day. Breathing in, I know that my heart also loves me. Breathing out, I promise to live in a way that will help my heart to be healthy and strong. With each out-breath, I feel my heart relaxing more and more, and I feel each cell in my heart smiling with ease and comfort.

Breathing in, I feel my whole body lying down. Breathing out, I enjoy the feeling of my whole body lying down, very relaxed and calm. I send love to my whole body as I breathe in and send my love and compassion to my whole body as I breathe out. I feel all the cells in my whole body smiling joyfully with me. I feel gratitude for all the cells in my whole body.

Now roll onto one side and sit up. When you are ready, you can open your eyes. Take your time to get up calmly and slowly.

**Ring the bell.**

May you be healthy.  
May you be happy.  
May you have peace.





#### PEACE CLUB

Created for Chicago Lights Peace Club by  
Regan Burke, Janice Lewis and Mark Melton

Chicago Lights empowers people  
to thrive academically,  
lead healthy lives, and build community

Fourth Presbyterian Church 126 E. Chestnut St., Chicago, IL 60611