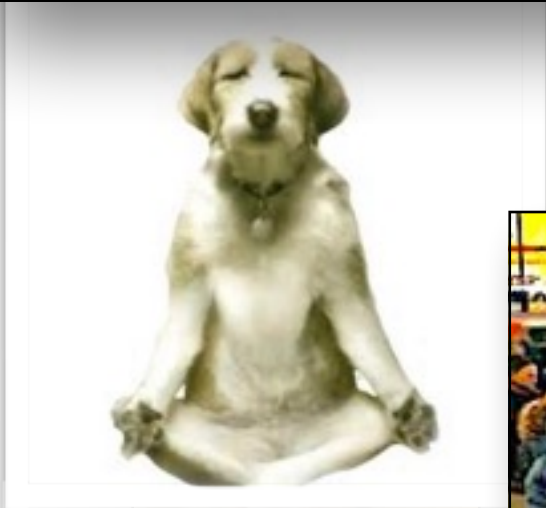
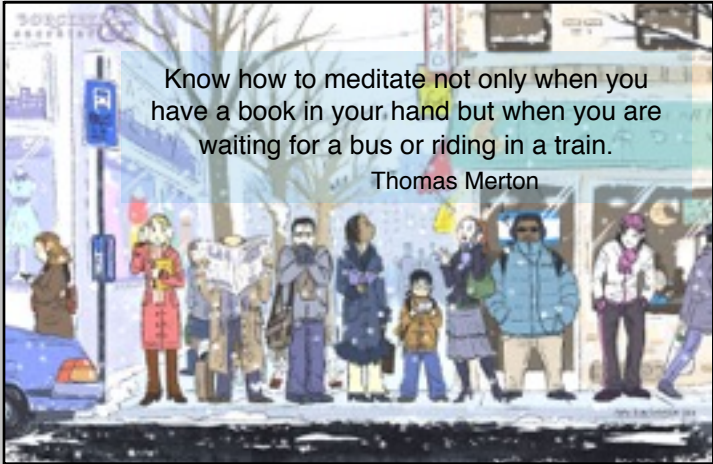
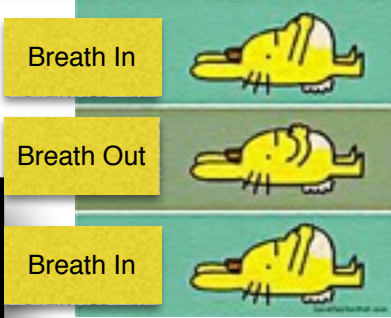


Meditation Handbook



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

THE DALAI LAMA










"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

Meditation Practices

Practice the meditations in this book by yourself or with others.

Here is a list of simple meditation practices. Do some of these throughout your day. Think of some other meditation practices you can do and add them to the list.

<p>Bell</p>	 <p>Whenever I hear a bell, a car horn or a siren, I stop. I breathe in. I breathe out.</p>
<p>Belly Breathing</p>	<p>Every morning when I wake up I say to myself:</p> <p>"I breathe in and my belly expands like a balloon. I breathe out and my belly goes down."</p> <div style="display: flex; align-items: center;"> <div style="background-color: #FFD700; padding: 5px; margin-right: 10px;">Breath In</div>  </div> <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="background-color: #FFD700; padding: 5px; margin-right: 10px;">Breath Out</div>  </div> <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="background-color: #FFD700; padding: 5px; margin-right: 10px;">Breath In</div>  </div>
<p>Flag</p>	<p>Whenever I see a flag, I say to myself, "I breathe in peace to myself, I breathe out peace to others."</p> 

Bell Meditation

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 I hear a bell, a car horn or a siren,
I **stop**.

I breathe in. I breathe out.



Breathing Meditation

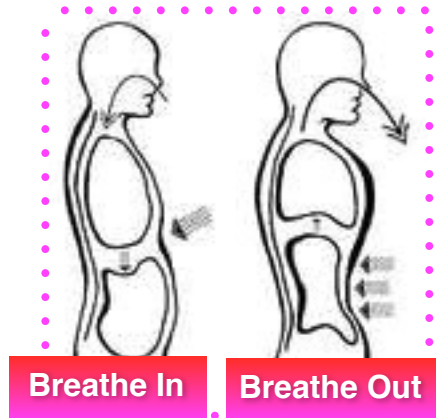
Sit in a relaxed position. Place a bell on the floor in front of you. Hold your back straight but not stiff. Loosely place your hands on top of your legs with your palms up.

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>	

Labyrinth Meditation

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.

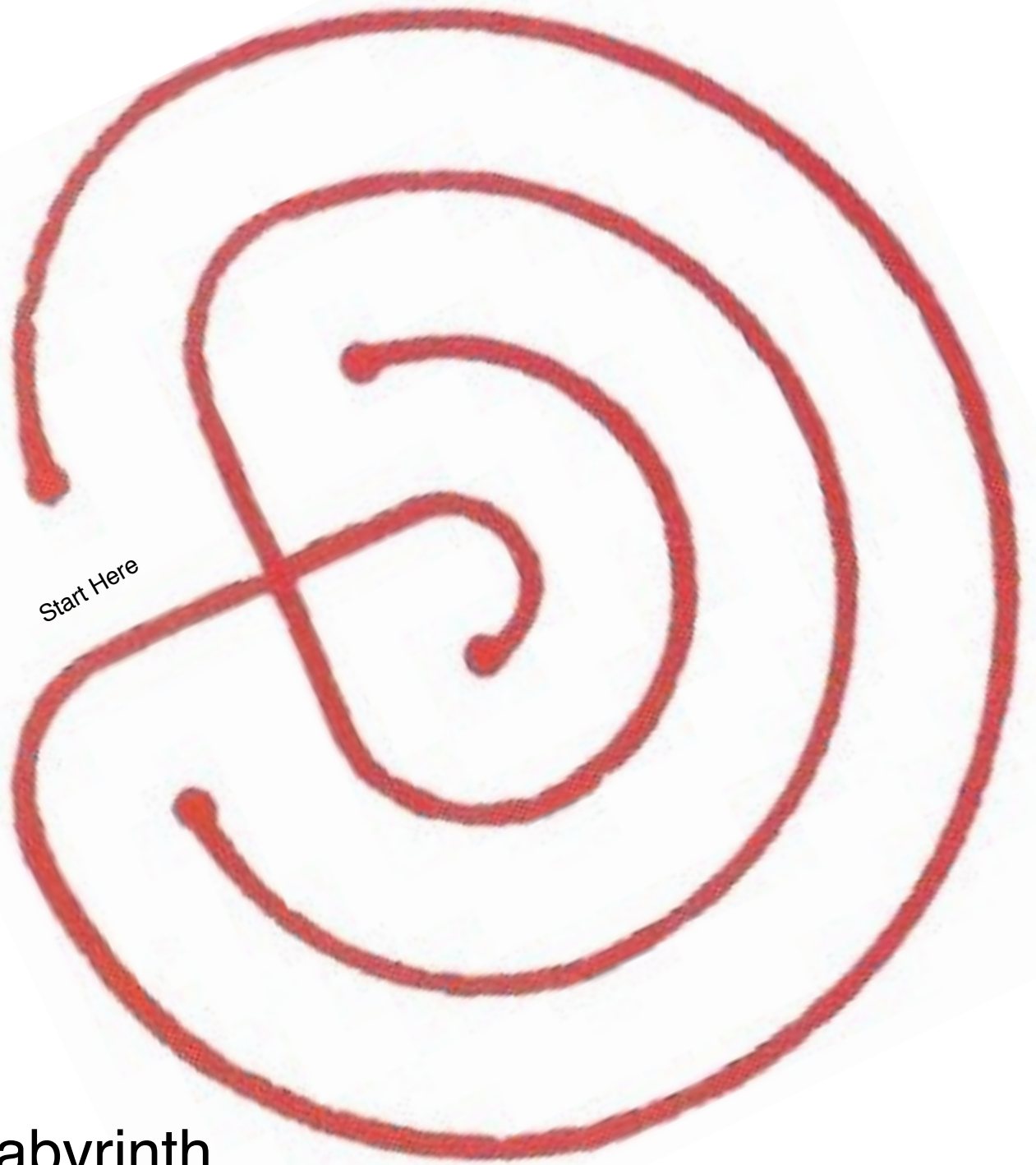
Breathe out.

Ring the bell.



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

<i>waiting in the doctor's office</i>	



Start Here

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 healthy.
May I be safe.
May I be happy.
May I be at ease.
May I have peace

Now say this about each
of the people and things
in your 4 Promises

May _____ be healthy.
May _____ be safe.
May _____ be happy.
May _____ be at ease.
May _____ have peace.

When
finished,
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.

1.

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 or write the name of a park, lake, sky, or beach.

Write Your Own Meditation

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.



*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.



Guided Meditation

As we see in this Meditation Handbook, there are many different ways to meditate. This page is a “guided” meditation where someone helps get you started before you sit in silence. Whatever you experience during meditation is right for you. Don’t try to make anything happen, just observe.

Begin by sitting 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.

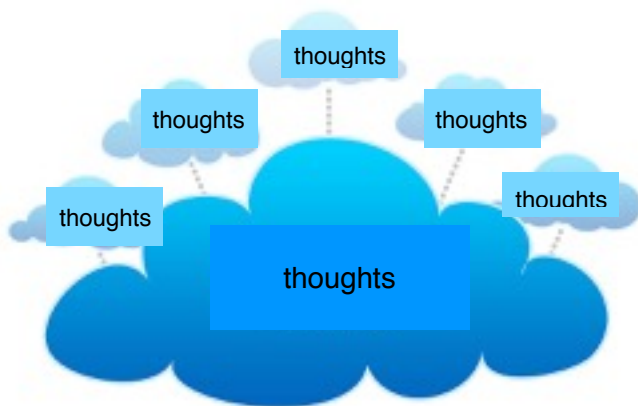
Relax your muscles. Allow your body to relax more and more as you meditate. Notice how your breath flows in and out. Don’t change your breathing in any way, simply notice how your body breathes. Your body knows how much air it needs.



Ring Bell

Close your eyes softly, don’t squeeze them shut. Now, sit quietly, listen to my voice and imagine it is you talking to yourself:

Now, wiggle your fingers and toes. Shrug your shoulders. Quietly open your eyes.



My mind rests in my breath. My breath moves gently in and out of my body. When my attention wanders, I focus back on my breathing. I notice my thoughts. I don’t dwell on them. I let my thoughts pass by as if on clouds or on a leaf floating down a gentle rolling stream.

I notice my complete breath: my in-breath, the pause, my out-breath, the pause before taking another breath (repeat). When my thoughts distract me, I don’t push them away. I put them back on my passing clouds or in my gentle rolling stream. I draw my attention back to my breathing. In, and out.

I see my breath filling the space inside my lungs. I feel my chest and my stomach gently rise and fall with each breath.

My body is totally relaxed.

I notice sounds in the room. I feel the floor holding up my feet. I feel my clothes on my body. I breathe. In, and out.

Remain sitting for a few moments longer. Straighten out your legs. Stretch your arms and legs gently. Sit for a few moments more, enjoying how relaxed you feel.

Ring Bell

Five Finger Meditation

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 anxious, angry, excited, embarrassed or sad - before an appointment or interview, before a class, when you are waiting in line, when you are walking down a dark street, when you get in trouble, when someone dies.



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

<i>when I don't get what I want</i>	

Group Meditation Body Relaxation

Gather a group together and invite them to meditate with you.

Have everyone lie down on the floor or sit in a relaxed position in a chair.

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

Start here ↓

Ring the bell.



The Guide starts talking S L O W L Y here:

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 or the chair.

Breathing in, I feel my two eyes. Breathing out, I smile 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 sky. I can see the moon up above. I can read, write, and watch television. I can watch birds and I can add and subtract. 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 smile to my two hands. Because of my hands I can wave hello and

goodbye. 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 swipe my bus pass and pick up trash. I can hold hands with my friend and 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 smile to my feet. I wiggle my toes, all ten of them. 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 help me avoid puddles. My feet love to walk on the sidewalk. 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 smile 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 laugh, 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 smile 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 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. As I breathe in I send 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 let's be silent for a moment.

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.
May you know love.





Created for Chicago Lights Peace Club by
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Chicago Lights empowers people to thrive academically,
lead healthy lives, and build community

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