



# **Meditation 101**

Fall 2021 Colloquium

Realization Project Fellowship

Monday, November 1, 2021

Potential is never realized without work.

# ASSIGNMENT: “Create an Introductory Slide”

Share your GOOGLE slide with [seth.pickens@economirt.org](mailto:seth.pickens@economirt.org) before 5pm on 11/8/21

- From Detroit, MI (janitor, cook, waiter, vacuum salesman, school teacher)
- BA, Morehouse College; MDiv, Union Theological Seminary; EdD, Univ. of Southern California
- Former school teacher; Peace Corps Volunteer; sales executive; letter carrier; warehouse worker; hearse/limo driver; comedian; customer service rep; pastor
- Director, The Realization Project (Economic Roundtable)
- Married 15 years, teenage son and daughter
- Know how to juggle



**Seth Pickens**

## **Today's Gameplan**

- ✓ **Understand what meditation is and why it's important**
- ✓ **Practice modes of meditation to enhance focus on goals and affirmations**

## **This is the quiz you'll have at the end...**

- 1) What are 2 definitions of MEDITATION?
- 2) What is a DISCIPLINE?
- 3) What are the Three Bs of Meditation?
- 4) What is FOCUS?
- 5) When is your “Introductory Slide” assignment due? In what format?

# WHAT IS MEDITATION

- **MEDITATE** = Think deeply or focus (1)
- **Meditation is** “*Being aware of distractions without being distracted.*” (2)
- **A Discipline:** Anything you get better at the more you practice...
- **Benefits include:**
  - increased confidence
  - better insight
  - more patience
  - better health (regulated blood pressure, rest for brain...)



# HOW TO MEDITATE: Remember The Three Bs

## BODY

- Remain aware
- Good posture
- Slight smile

## BREATH

- Through the nose
- Deep but natural
- “Follow” your breath

## BRAIN

- Gently focus
- Gently re-focus
- No judgment



# Step 1: RELAX

**MEDITATION = “Stilling the Waters” (3)**

1. Bring your whole self into the present moment
2. Take 3 deep breaths
3. Spend 2 minutes letting your waters still

REACTIONS?



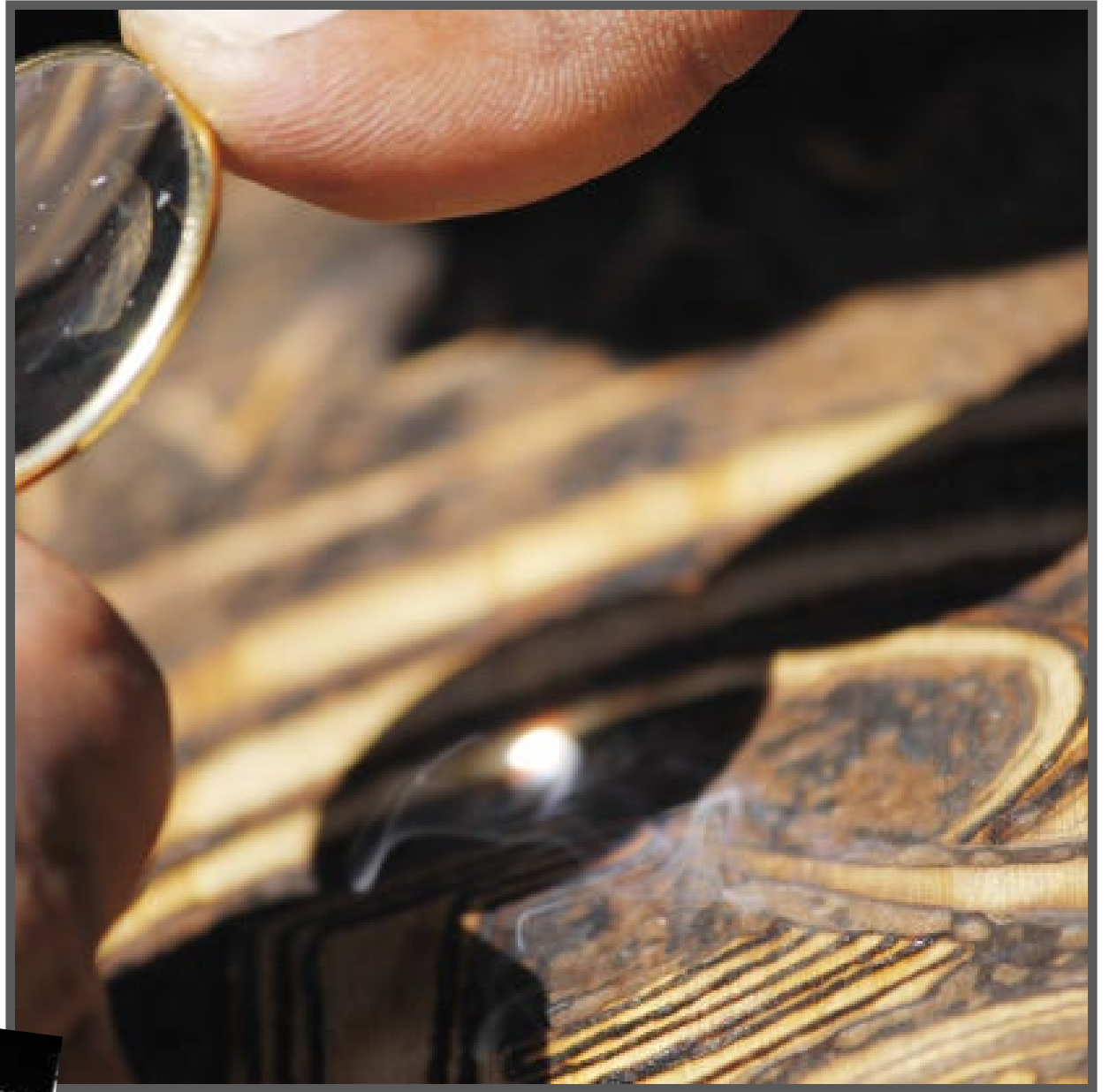
## Step 2: FOCUS

Focus = gaining clarity about or paying close attention to something

...FOLLOW YOUR BREATH...

...COUNT BACKWARDS FROM  
TEN TO ONE....

10...9...8...7...6...5...4...3...2...1...





# FOCUS: Meditating “from” your fulfilled desire

- Select an affirmation based on a goal
- Enter meditation space (comfortable, quiet).
- **Go to the desired end in your imagination (You got the job; You’re *moving into* your new place; you *made* the grade; you got the car...**
- **Let the feelings of joy/ relief/ accomplishment, etc. be real in your body (yes, pretend).**
- When it becomes hard to focus, *let go* of the vision; continue to feel the joy



## The quiz at the end....

- 1) What are 3 definitions of MEDITATION?
- 2) What is a DISCIPLINE?
- 3) What are the Three Bs of Meditation?
- 4) What is FOCUS?
- 5) When is the “Introductory Slide” assignment due? In what format?