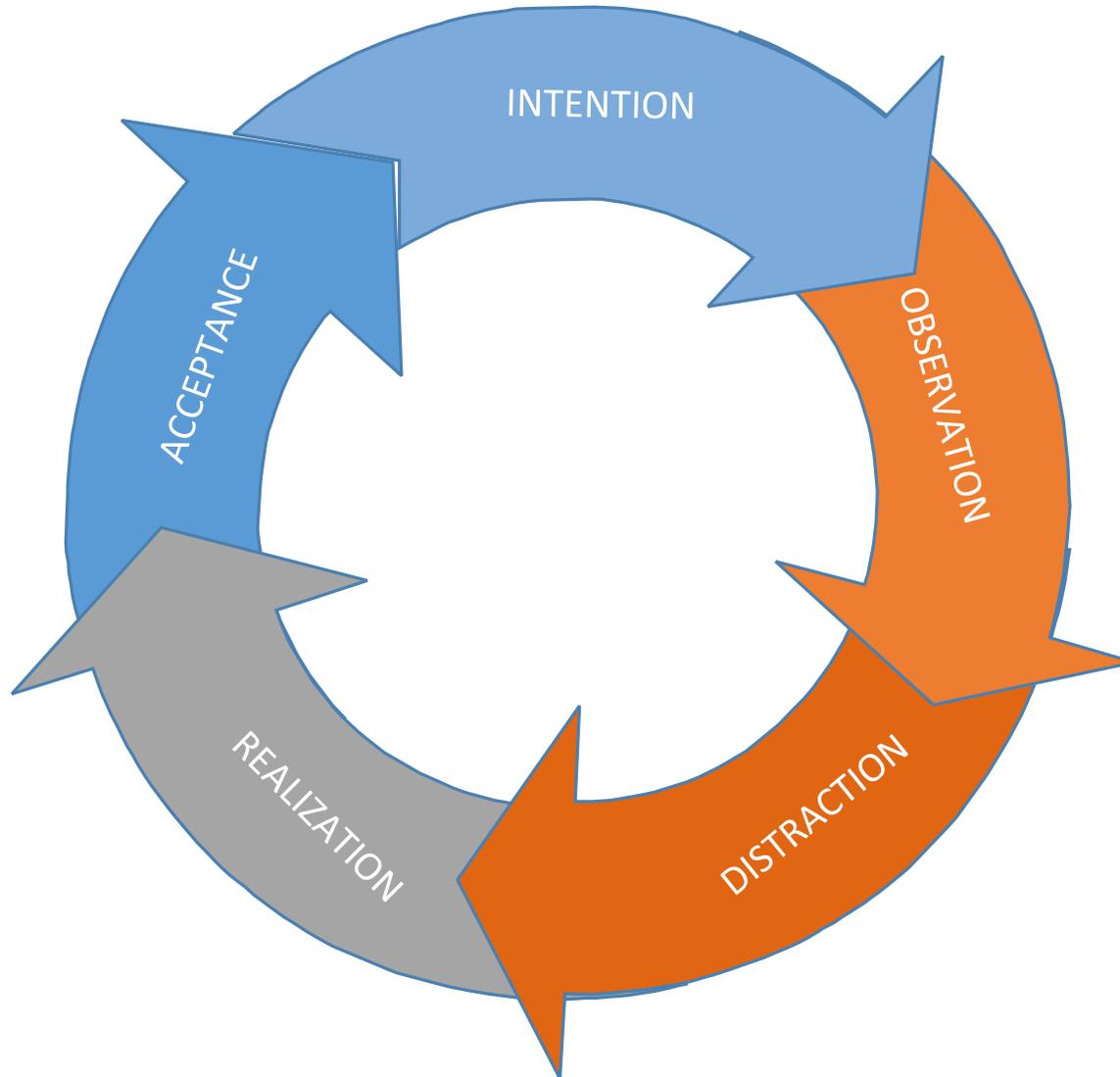


# MEDITATION

## The feedback Loop



### KEYS TO REMEMBER

1. Focus on your intended object of meditation
2. Distraction is not the enemy – it is part of the process. The Mind doesn't stop- simply return from distractions. That is the core of the practice
3. Accept everything that happens without Judgement

### MEDITATION

“Meditation is the practice of turning your attention to a single point of reference. It can involve focusing on the breath, on bodily sensations, or on a word or phrase known as a mantra. In other words, meditation means turning your attention away from distracting thoughts and focusing on the present moment. Meditating is deceptively simple. A cartoon from The New Yorker sums it up: Two monks are sitting side by side, meditating. The younger one is giving the older one a quizzical look, to which the older one responds, "Nothing happens next. This is it."

-Psychology Today

### MINDFULNESS

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”

-Jon Kabat-Zinn.

### The difference between mindfulness and meditation

One could think about MINDFULNESS as fitness. A quality of being that you carry with you all the time in your life. One could think about MEDITATION as an exercise. A practice to help develop **mindfulness** in the same way that exercise helps develop fitness.