

# Mindfulness Meditation Methods

## **I Fear Method-**

Set a timer for 10+ minutes. Sit with your back straight. Notice something you fear while breathing in.

This could be fear of financial failure, rejection, health problems, etc. It can also be anything that is stressing you out like homework, your job, relationships, etc. Hold your breath for 3 seconds and then let the thing go while breathing out. Imagine you are breathing the fear inside of you while you breathe in. When you breathe out you are releasing the fear. You can even say “I notice”, and then the fear while you are breathing in. You can say “and I am letting it go” when you breathe out. Do this until your timer goes off. If you run out of fears or stress to release, just continue the deep slow breathing until more fears come to mind.

## **Senses Method-**

Notice how your body feels. Take notice of your senses individually. Notice the sounds around you. Don't let them distract you from your deep breathing. Just hear them passively and then let them go. Always breathe out deeply when you are letting a sense go. Notice the temperature and let it go. Notice what you are sitting on and let it go. Notice any smells and let them go. Once you have let go of all senses just breathe. If more senses come up, notice them and let them go and continue to breathe. Breathe in all the way, hold for 3 seconds and let go all the way, hold for 3 seconds while out of breath. Repeat.

## **I Think Method-**

Notice your natural thoughts. As a thought comes up, breathe in as deep as you can, focusing on the thought, hold your lungs totally full for 3 seconds, then let that thought go by breathing out fully and holding yourself empty of breath for 3 seconds. Let go of each thought that comes up even if it is a small one. In this way acknowledge all of your thoughts and clear them from your mind. You can use language like “I notice...Blank thought” When you breathe in and “I let it go” when you breathe out.

## **Silence Method-**

Focus only on your breathing. Breathe in and hold for 3 seconds, then breathe out and hold 3 seconds and repeat. Do this for the full 10 minutes. Don't entertain thoughts or have outside stimulation. In this exercise there is no thinking and releasing, it is just breathing. In life we have similar moments of silence and we need to be able to control our minds in that silence.

## **Spiritual Sounds Method-**

Listen to something spiritual. I listen to sermons from my church. You can also listen to your religious texts whether it be the Dhammapada, Quran, Torah, Bible, etc. Listen, but let the words wash over you instead of paying close attention. Just let them hit you while you meditate and breathe deeply. Don't try to

dissect them or think about them. Let your thoughts take their own journey, and you might be surprised where they go.

## **Peak State Meditation**

The goal of this type of meditation is to use physiological tools to help the body release endorphins and other hormones that promote health and peak mental states. The lists here are ways to use our bodies chemistry to the advantage of our mental health. They help to clear the mind of stress, anxiety and depression. They also promote confidence, strength, and decision making. You can use a peak state method with any of the meditation methods from the last list.

### **Inner Fire-**

Before you start your meditation eat something very very spicy. I use a 2.5 million Scoville Unit Gumball. It can be anything that is so spicy it overwhelms your mind for at least 5 minutes. If you can think during those 5 minutes then it is not hot enough. After you take the spicy food. Set a timer for 10 minutes. Sit down and focus on controlling your breathing. Deep slow breath in, slow deep breath out. You can also add a meditation method from the last list.

### **Ice Bath-**

This is becoming a popular method. Before you start your meditation you immerse yourself in freezing water. You can run a shower on its coldest setting or you can lay down in a tub. I find that home water isn't cold enough. Adding ice to the bath can make it more effective. I grew up in the mountains swimming in frozen lakes. That is pretty effective as well. The point is not to be cold but instead to burn away your thoughts with the cold and to replace them with focused breathing and focused thoughts. You can also add a meditation method from the last list.

### **Running-**

Choose a distance that seems difficult for you to run. Add another  $\frac{1}{2}$  to that and then go run it. For example if you said 2 miles, go 3. If you said  $\frac{1}{2}$  mile go  $\frac{3}{4}$  of a mile. You can jog or run or however you want, but make sure you get your heart rate up. As you run, use one of the meditation methods from the last list.

### **Sounds-**

Surround yourself with sound, overwhelming sound. This can be music or rap (just kidding I had to throw something at rap). It can be a vehicle sound or kids at a park or chalk on a chalkboard. You can go somewhere that is loud for this or you can listen to something on your phone. Just make sure the sound is so loud and chaotic that you can't think. Don't try to make sense of the sounds, just focus on your breathing. You can also add a meditation method from the last list.

### **Workout-**

Pick up a dumbbell or something heavy and lay down. Keep the dumbbell in the air for the entire meditation. Go in circles with the dumbbell. Rotating around the chest and slowly getting wider and wider until your arms are almost all the way extended out. Keep the dumbbell moving and straining your muscles the whole time. Do this while doing the deep breathing exercise of all the way in and holding for 3 seconds and breathing out and holding empty for 3 seconds. You can also add a meditation method from the last list.

These lists are constantly being updated with new ideas and methods. If you have an idea for any of the lists please send them to [wementorwarriors@gmail.com](mailto:wementorwarriors@gmail.com)