



CLAIM
YOUR
CALM

WISDOM WORK™
STARTER GUIDE

CLAIM YOUR CALM

3 EASY MEDITATION TECHNIQUES

WISDOM WORK™
STARTER GUIDE

www.wisdomscrossing.com

WELCOME



Hi there, lovely **YOU!**

I'm Deena and I am *not* a guru. However, I can be a friendly, experienced guide to YOUR inner guru—and it starts with calming your mind.

In my view, reflective practices are not luxuries—they are essential elements of a healthy human life. They don't need to be intimidating or complicated, and there is no "right" way to experience them. These practices can ease stress, mind chatter, and worry—and they can open you to your own wisdom.

This starter guide introduces you to three simple meditations you can do today, and is a process of taking time to **Wonder**.



Wonder is the beginning of wisdom."
—Socrates

Wonder is the **first step** in what I call **Wisdom Work™**.

When you calm your mind through reflective practices, an entirely new world can open up for you. It can be the beginning of becoming more calm, clear, and connected. Ultimately, you have an opportunity to honor every encounter in life as a gathering of wisdom.

Congratulations on taking the first step. I'm glad you're here!

Deena Pyle

HOW YOU WILL BENEFIT

1 PRINT OR USE DIGITALLY

This guide can be printed on a home printer, or sent to a copy service such as UPS or FedEx. You can print as many copies of each page as you need. The guide is also a fillable PDF file that you can use on a computer or tablet.

2 SELECT A MEDITATION TECHNIQUE

Read through the meditation descriptions and choose one or two that appeal to you.

3 DO THE PRE-MEDITATION CHECK-IN

A regular reflective practice can make significant but subtle changes in your mind chatter, stress, worry, etc., and measuring your "before and after" can help you to recognize the improvements.

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4 MEDITATE

Experience some Wonder. Set aside a time and location to meditate. Set a timer so that you can relax instead of keep track of time. Start with 5 minutes a day, and move to 10 minutes. You could also meditate for 5-10 minutes in the morning and then again for 5-10 minutes before bed.

5 DO THE POST-MEDITATION CHECK-IN

Check in with yourself after the meditation using the post-meditation check-in page. Notice any subtle or obvious movement or lessening of your mind chatter, stress, worry, etc., and also make note of any positive thoughts, emotions, or physical sensations.

ADDITIONAL OPTIONS

This guide also contains additional options that will help you to "claim your calm." Add them to your practice as you need or want.

1

DO THE MIND CHATTER BRAIN DUMP

If your mind is racing and you can't quiet the chatter enough to even want to meditate, use the Mind Chatter Brain Dump:

- Use the page in this guide to write down everything you are thinking and feeling.
- Or, use your phone recorder to speak everything, with the option to delete later.
- Or, without recording, simply say everything out loud.
- Capture any to-do items in your brain dump and save them for later.

WRITE IN THE MEDITATION JOURNAL

Use the Meditation Journal to record your thoughts, feelings, insights, ideas, dreams, or anything else that you experience during and after meditating. This can become a record of your new calmness and the opening to increased peace, awareness, and inspiration.

It can also gently point you in the direction of unresolved issues and areas for growth.

2

3

GET CREATIVE ON THE MEDITATION DOODLE PAGE

if you prefer drawing or doodling, and work best with symbols and images, draw anything that comes to mind before, during, or after your meditations. Use them as visual guides, prompts, or questions you can meditate on.

TRACK YOUR DAILY MEDITATIONS

Use the 30-day meditation tracker to watch yourself create a consistent practice. Making note of the days you meditate, and how you are benefitting, is the best way to become committed.

4

THREE MEDITATION TECHNIQUES



BREATHING MEDITATION

This is a simple act of becoming aware of your breathing and using it as the focus of attention. It is a simple, effective way to begin meditating.



FOCUS MEDITATION

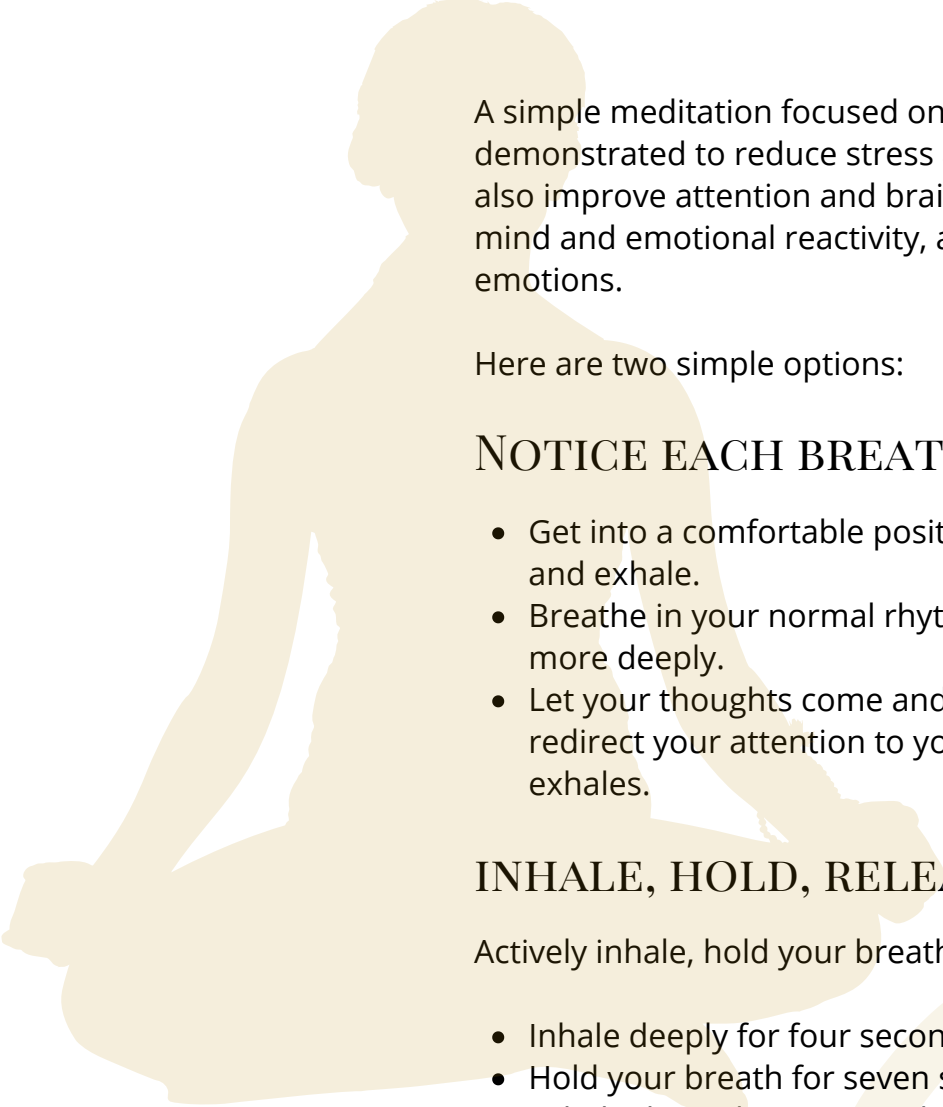
Selecting an object, sensation, or minds-eye image to be the center of your focus gives you space to open and relax.



MANTRA MEDITATION

Mantras have been used for centuries to connect with ideals and concepts. Age-old mantras are an option, as well as simple words or phrases such as "love."

BREATHING MEDITATION



A simple meditation focused on your breath has been demonstrated to reduce stress and blood pressure. It can also improve attention and brain health, reduce wandering mind and emotional reactivity, and increase positive emotions.

Here are two simple options:

NOTICE EACH BREATH

- Get into a comfortable position and notice every inhale and exhale.
- Breathe in your normal rhythm, gradually breathing more deeply.
- Let your thoughts come and go as they will, and gently redirect your attention to your natural inhales and exhales.

INHALE, HOLD, RELEASE

Actively inhale, hold your breath, then exhale:

- Inhale deeply for four seconds
- Hold your breath for seven seconds
- Exhale through your mouth, while pursing your lips, for eight seconds

Repeat this cycle four times and then relax. This meditation soothes your body and mind into a deep relaxation.



**Breathing is the most fundamental human activity.
Your breath is life, and honoring it
gives honor
to your unique existence."**

FOCUS MEDITATION

A focus meditation is a time set aside to focus on just one thing. You can do a focus meditation with your eyes open or closed, depending on which you find the easiest and most effective.

Consider starting with one of these options:

FOCUS MEDITATION

- Focus on a physical object such as the flame of the candle, a rock or beads in your hands, or a point of focus on your wall or ceiling. Let your eyes relax.
- Focus on the sensations of your own body. You could focus on your beating heart, your breathing, the sensation of sitting or lying down, or any other physical sense you experience such as sounds or smells.
- Close your eyes and focus on something in your mind's eye such as an image or scene, a color, or even simply the darkness.

If your mind or attention begins to wander, just gently bring your attention back to the object, sensation, or internal visualization of your choosing.

This gentle retraining and refocusing of your attention strengthens your brain and increases the cumulative meditative effect of the practice.

**“ You can quiet your mind
and settle your body
by focusing on something singular and specific.”**

MANTRA MEDITATION

Meditating with a mantra is the practice of repeating the same word or phrase over and over again. There are revered single word mantras like OM. However, any word or phrase that has deep meaning to you qualifies as a mantra and can be soothing and transformative.

For example, single words like "love," "peace," "healing," and "calm" can be effective. Phrases such as "I am safe," "I am loved," "I am healing," "I love and accept myself," "I am capable," "I am courageous," are also examples of mantra-like sentiments that can boost your physical and emotional well-being.

As you choose and use a mantra, make note of any resistance that comes up along with any images, memories, or emotions. Record those in your meditation journal and use them as the basis of further work and meditation focus.

MANTRA MEDITATION

- Start with how you want to feel and state it in the present tense, such as, "I am calm and happy." If your meditation practice includes this mantra on a daily basis, you will most likely begin eroding any resistance to it and begin feeling like it is an authentic statement.
- If you are repeating something that you don't believe, or start feeling some resistance towards, you can shift to something that is closer to where you currently are, such as "*part of me is willing to be at peace,*" "*part of me is ready to feel better,*" "*part of me is calm,*" etc.



Using a mantra as your meditation can gradually change your thought patterns and beliefs. It can fundamentally transform the way you *talk* to yourself."

MEDITATION CHECK-IN

Date / /

PRE-MEDITATION CHECK-IN

CIRCLE ONE SHADE BELOW:
LIGHT=LOW DARK=HIGH

STRESS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ANXIETY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SADNESS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WORRY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
OTHER:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES

POST-MEDITATION CHECK-IN

CIRCLE ONE SHADE BELOW:
LIGHT=LOW DARK=HIGH

STRESS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ANXIETY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SADNESS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WORRY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
OTHER:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES

MEDITATION DOODLES

Date: / /



MEDITATION TRACKER

30-DAY MEDITATION TRACKER & BONUS 5TH WEEK

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK ONE							
WEEK TWO							
WEEK THREE							
WEEK FOUR							
BONUS: WEEK FIVE							

NOTES

NEXT STEPS

1 TAKE IT A DAY AT A TIME

As you experiment with these meditation techniques and build your own reflective practice, be patient with yourself. Take it a day at a time.

2 NOTICE CHANGES

Stay open to subtle changes in your life. Use the pre- and post- check-in page to measure movement in your stress and other emotions or sensations.

3 DIVE EVEN DEEPER

Claiming Your Calm is the first pillar in Wisdom Work™ and focuses on **Wonder** which is the first step in the model. I would love for you to consider diving even deeper. Discover the entire model in the mini course *Practice Your Power*, then a six-week foundation course, *Work Your Wisdom*.

WISDOM WORK™ MODEL

