



**MISSION:**

*Girl Scouts builds girls of courage, confidence and character  
who make the world a better place.*

***Meditation is a “state of being,” free from judgement  
of self and of others.***

Life will always be evolving, sometimes in our favor  
and sometimes not. Meditation helps us navigate the  
chaotic rough waters of our life and helps us appreciate  
when the waters are calm and peaceful.

*This is called Grace.*

In the stillness of our hearts, minds and soul  
is where this Grace lives.

*The Path to Grace is Meditation.*



***When one person is at Peace, that can spread to another and another.  
Soon the whole world can be at Peace.***



### **The Girl Scout Promise**

On my honor, I will try:  
To serve God and my country,  
To help people at all times,  
And to live by the Girl Scout Law.

### **The Girl Scout Law**

I will do my best to be  
honest and fair,  
friendly and helpful,  
considerate and caring,  
courageous and strong, and  
responsible for what I say and do,  
and to respect myself and others,  
respect authority,  
use resources wisely,  
make the world a better place, and  
be a sister to every Girl Scout.

## Frequently Asked Questions:

### **Where does meditation come from?**

The English word “meditation” stems from *meditatum*, a Latin term meaning “to ponder.” It is thought the practice of meditation began approximately 1500 years BCE in India. Several archaeological findings suggest that hunter-gatherers were practitioners of some forms of meditation, as were early shamans. Their knowledge was passed down orally from one generation to the next, helping to lay the crucial foundations of modern meditation.

### **Is meditation a religion?**

Meditation is a practice, just like playing a musical instrument or playing sport. Ultimately, like a musical instrument or a sport, meditation makes you better in other parts of your life as well. Meditation brings the ability to have an “inner calm” and compassion for others, which is in direct alignment with many religions. There is a saying: “*Meditation makes you a better Christian or Buddhaist or Hindu.*”

### **How is meditation different from prayer?**

Prayer is “talking with God” where the person praying is offering gratitude to a deity (God) or asking for some form of desire, like the health of self or another, or the Divine Intervention when things are not going right. Meditation is a “passive reflection” of awareness of the present moment which often leads to a place of acceptance through compassion which is the foundation of most Spiritual traditions.

### **Can anyone do meditation?**

YES! Even for those with really active minds. You only need a moment or two to begin seeing the benefits of meditation. Meditation is a practice, meaning the more effort you put into it, the more comes out of it. Some days will be better than others where the mind is peaceful and you can stay in a place of Grace for a period of time. Other times your mind may wander here, there and everywhere. That's okay. That's part of the meditation when you can be with yourself without self judgement.

### **Do I need anything special to do meditation?**

In reality, all you need is your breath. It's nice to have some comfortable, loose fitting clothing, a pillow to sit on the floor or a comfortable chair to sit in. Depending on what you like, you may want to have a candle, a stick of incense, a picture of an inspirational place like a mountain or ocean, or even an image of a Spiritual Master or Angel. These images help you feel like you are not alone in the beginning of your practice as you begin creating a "habit" of meditation.

### **What if I fall asleep?**

That's okay. You may have needed the rest! It is natural to fall asleep when the mind and the body becomes still. Our *PRACTICE* is to notice the sleepiness and take a deeper breath to *AWAKEN* the mind. You might need to sit up more, or have your back against the chair or a wall. Make sure you get some good rest at night and choose a time for meditation when you are not too tired from the day. Good nutrition will also help the body and mind to function in ways that are beneficial for meditation.

## **TYPES OF MEDITATION**

### **Mindfulness**

Intense awareness of the present moment without judgment

### **Movement**

A mindful physical action of the body like Tai Chi, Qui Gong or Walking

### **Focused**

Attention to an object like a candle or a Sacred Image or even drinking Tea!

### **Guided Imagery**

Taking an inventory of beautiful things around you, either what you see or what you make up in your mind.

### **Chanting**

A repetitive sound, word, or phrase is used to clear the mind and strengthen Spiritual alignment. A mantra like: Om. / Peace be still / God within me

### **Insight**

Focus on a problem or situation and seeing it separate from you where it becomes a “friend” and it reveals to you the solution.

## **Getting Comfortable!**

It's important to have the right posture and be comfortable ... but not too comfortable!

- Make sure the clothing you are wearing is not too tight, especially around your waist.
- You also will want to take off jewelry that is either tight, especially around the neck, or jewelry that makes noise when you move.
- Take off any watch you may be wearing and set it beside you.
- You can wear shoes, but socks or bare feet are best.
- Bottom line, nothing restricting.

You can sit on the **floor** or in a **chair** preferably, with your feet on the floor or under you in cross leg position. If you need to lay down, you can, but this posture is how we sleep so you will have greater chances of falling asleep in this position. If you choose to sit on the floor you may even want to lean against a wall if you will be doing longer meditations.

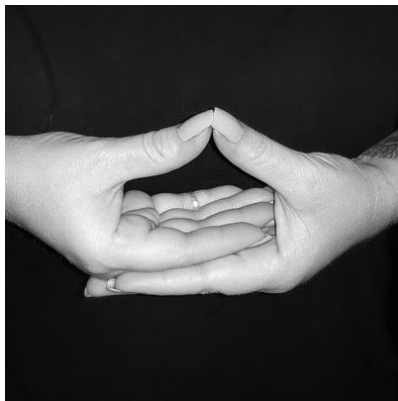
If you are sitting on the floor, you will want to be sitting on a pillow of some sort where when you **cross your legs, your knees are lower than your hips**. This keeps your feet from falling asleep.

Keep your **SPINE STRAIGHT** and your shoulders relaxed. Your head should be over your shoulders with your chin slightly tucked down. **IMAGINE**: you have a string at the back of your head pulling you straight up like a puppet.

If you are using an **obstacle of focus**, a candle, incense, or a photograph, have it straight in front of you and slightly down from your view. This way it keeps your chin tucked down.

## Mudras

Mudras are hand gestures during meditation that shifts and channels your body's flow of energy. They also give you something to do with your hands! One of the most common mudras is called **The Dhyana**. This is basically, for girls: left hand over right hand with the thumbs barely touching. (for boys, it's right hand over left)



### Very simple Mudra I've created are based on:

**Safe** - all fingers are touching each other from middle knuckle to tip of finger and pointing in towards belly. Thumbs are touching each other over them.

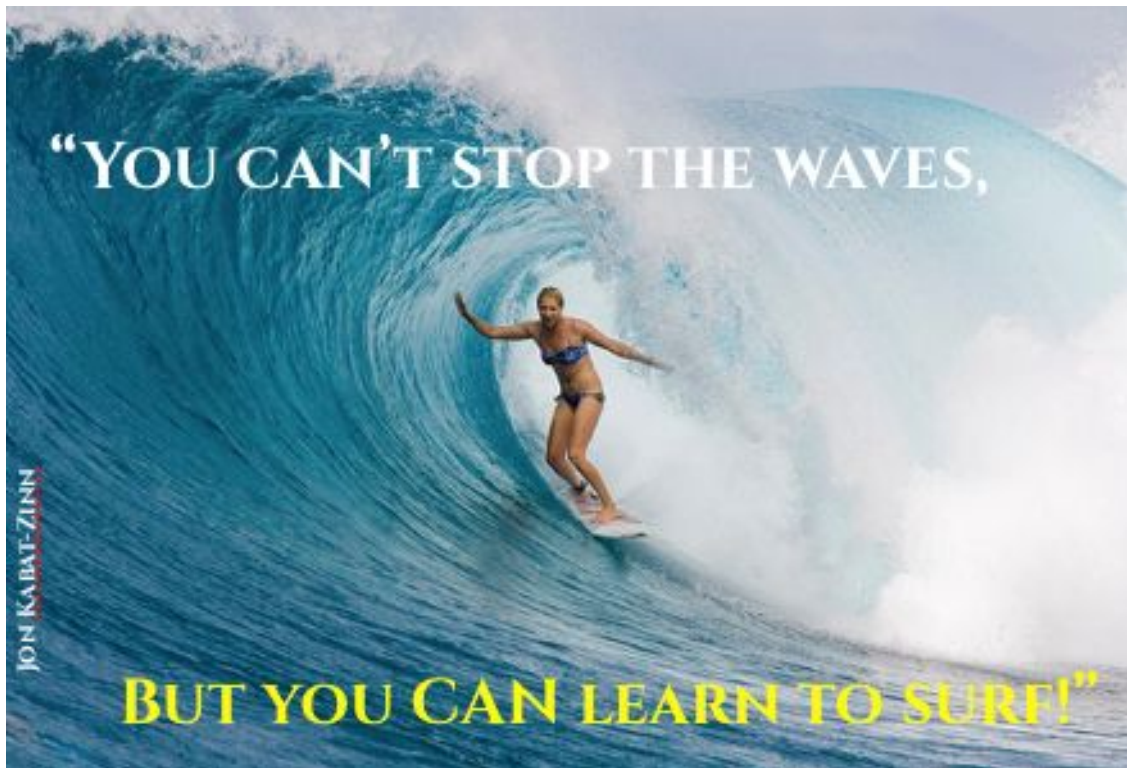
**Accepted** - Thumb and forefinger are touching on each hand.

**Forgiven** - Thumb and middle finger are touching on each hand.

**Loved** - Thumb and ring finger are touching on each hand.

**Bountiful** - Thumb and little fingers are touching on each hand.

*For each Mudra, repeat the word accordingly to yourself  
over and over again like a mantra.*





## **THE ATTITUDINAL FOUNDATION OF MINDFULNESS PRACTICE**

(Adapted from Full Catastrophe Living by Jon Kabat-Zinn)

### **1. Non-judging**

If we are to find a more effective way of handling the stress in our lives, the first thing we will need to do is to be aware of the automatic judgments so that we can see through our own prejudices and fears and liberate ourselves from their tyranny.

### **2. Patience**

In the same way we cultivate patience toward our own minds and bodies when practicing mindfulness. We intentionally remind ourselves that there is no need to be impatient with ourselves because we find the mind judging all the time, or because we are tense or agitated or frightened, or because we have been practicing for some time and nothing positive seems to have happened. We give ourselves room to have these experiences. Why? Because we are having them anyway! When they come up, they are our reality, they are part of our life unfolding in this moment.

### **3. Beginner's Mind**

We tend to take the ordinary for granted and fail to grasp the extraordinariness of the ordinary. To see the richness of the present moment, we need to cultivate what had been called "beginner's mind," a mind that is willing to see everything as if for the first time.

### **4. Trust**

It is important to be open and receptive to what you can learn from other sources, but ultimately you still have to live your own life, every moment of it. In practicing mindfulness, you are practicing taking responsibility for being yourself and learning to listen and trust your own being.

### **5. Non-striving**

As you will see shortly, in the meditative domain, the best way to achieve your own goals is to back off from striving for results and instead to start focusing carefully on seeing and accepting things as they are, moment by moment. With patience and regular practice, movement toward your goals will take place by itself. This movement becomes an unfolding that you are inviting to happen within you.

### **6. Acceptance**

Acceptance as we are speaking of it simply means that you have come around to a willingness to see things as they are. This attitude sets the stage for acting appropriately in your life, no matter what is happening.

### **7. Letting Go**

Letting go is a way of letting things be, of accepting things as they are. When we observe our own mind grasping and pushing away, we remind ourselves to let go of those impulses on purpose, just to see what will happen if we do. When we find ourselves judging our own experience, we let go of those judging thoughts.

## **The Five Mindfulness Training**

Adapted from Thich Nhat Hanh

### **Reverence for Life**

All of life is sacred. A tree. A plant. A flower. An animal. A human! As we learn and practice the ability to hold ourselves in Sacred regard, we can see we are all interconnected with each other. We are “Inter-Being” as we walk together on the Earth, supporting each other on our Journey. If you were to walk in a garden under the hot sun and you found a tree you can sit under for a moment to cool off, then the tree is giving you shade. You are “Inter-Being” with that tree. So, when we take any action in life, we are taking Right Action, meaning what we do is in alignment with and honoring of, the needs and desires of all living beings.

### **True Happiness**

Practice generosity in what we think, say and do and be committed to the cause of justice against exploitation, oppression, theft and social injustice. By helping others, by sharing our time, energy and resources with those in need, we find a balance of kindness and a happiness to be of service. When we take something that does not belong to us, when we oppress another person or allow oppression to take place we are not living in the Oneness of our Universe. True Happiness is seeing the Light of God in all things and supporting and growing that Light within others as well as ourselves.

### **True Love**

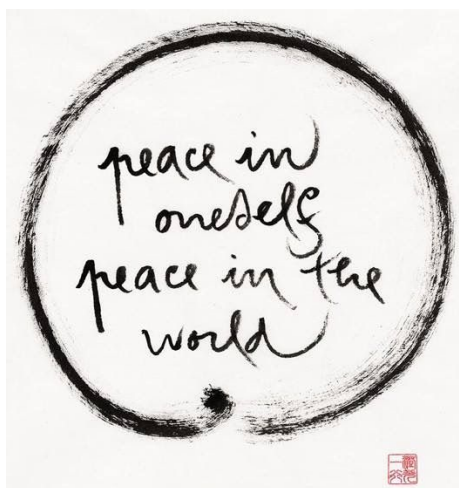
A long term commitment to that which is honest and is of integrity is True Love. In all ways of living, show kindness, truthfulness and protection to all individuals especially as it pertains to romantic love. Never confuse love with sexual desire or harm another by engaging any activity without true love. Keep Sacred the integrity of couples, families and society. True love accepts others with respect, admiration and is supportive of another and finds this in return to them. True love is both giving love and receiving love.

## **Loving Speech and Deep Listening**

Words are like magic wands that can create certain outcomes in life. Words have consequences. What we say is a “vibrational wish” into the Universe that is always listening. When we speak in anger or fear we are feeding that part of our world and only more anger and fear grows. As we cultivate loving speech and compassionate listening we are promoting peace within ourselves and others. As we become conscious of our thinking, through Mindfulness Meditation and Deep Listening, we then are aware of our “self-talk” and it no longer becomes our master. We can then choose how to express Loving Speech to others. Refrain from words of deception, words of harsh criticism, words of abuse or slurs and words of sarcasm. All of these deplete love from the world. When we speak with kindness and compassion we are adding the nutrients of joy, support and love into the world.

## **Nourishment and Healing**

Commit to cultivating good physical, mental, emotional and Spiritual health for ourselves, our family, friends and for society by practicing mindful 1) eating 2) drinking 3) consuming. If we are not mindful, aware or awakened to what we are consuming through our food or our impressions, like books, movies, television, video games or even other people, etc., we are allowing the energetic attachments of others to influence our life. In striving for “strength of character” we become mindful of what, who and how we consume the resources of our world physically with our food; mentally and emotionally with our “sense impression” of entertainment and information and Spiritually with our willpower to be make the world a better place by our own thoughts, words and actions.



*Thich Nhat Hanh*

## **Techniques to Reduce Stress**

Everyday at any age we are subjected to stress. Some stress is good for us and gives us motivation to accomplish tasks in life, as long as this stress does not continue for a long period of time. When stress continues over a long period of time it becomes “*chronic*,” or constantly recurring and persistent. This chronic stress is when problem start arising like:

Anxiety	Depression
Weight gain	Digestive problems
Headaches	High blood pressure
Heart disease	Sleep problems
Memory and concentration impairment	Panic attacks

***When you become aware of stress there are a few things you can do:***

1. **Laughing** - Get a really good belly laugh twice a day at minimum.
2. **Music** - Sit and really listen to music, close your eyes and be “taken away.”
3. **Petting Your Pet** - Spending a few moments of quality time does you both good.
4. **Movement** - Tai Chi / QiGong or just slow, meditative movement of your whole body moves the energy and relaxes the nervous system. Yoga is really good too!
5. **Dance** - With wild fun dance, you are shaking out the bound up energy held in the body.
6. **Poetry** - When the mind is activated with creative and insightful verse, the body takes a mini-vacation
7. **Forest Bathing** - In Japan it’s called *hinrin-yoku* and is used to open the senses to the natural world, an act of deeply connecting with oneself while in nature that is catching on Globally.
8. **Earthing** - Walking barefoot outside, with the soles of our feet in directly connection with the surface of the earth, stabilizes the electrical currents of our body.
9. **3 Deep Breaths** - When stressed, we tend to breathe quick and shallow so by taking a moment to slow the breath we let go. Place your hand on your belly as you do so.

**Different YOGA poses for SELF CARE and EMPOWERMENT**



RORY EARNSHAW

arms at your side



arms above your head

**CHILDS POSE:** great for self-nurturing and resting. Come to this pose when you find yourself tired and meditate on the basic principals of Loving Kindness towards self, humanity, the animal world and all of nature. This stretches your lower back, hips, thighs, and ankles while helping to improve circulation.



**TREE POSE:** excellent when you are feeling “out of balance” and uncertain about life. This pose builds balance of the body and mind. Tree pose strengthens legs and the core of your body while opening your hips and stretching your inner thighs.



**WARRIOR POSE:** keeps you grounded to the earth and brings a sense of power to your body and mind. Opens the chest for deep breathing and joyful thoughts. Stretches the legs, opens the hips, strengthens the arms and flexes the spine and back muscles.

## Poems

### **Invictus**

By: William Ernest Henley

*Out of the night that covers me,  
Black as the pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.*

*In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.*

*Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds and shall find me unafraid.*

*It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate,  
I am the captain of my soul.*

## **The Bible**

1 Corinthians 13:4-7

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

## **If I Can Stop One Heart From Breaking**

By Emily Dickinson

*If I can stop one heart from breaking,  
I shall not live in vain;  
If I can ease one life the aching,  
Or cool one pain,  
Or help one fainting robin  
Unto his nest again,  
I shall not live in vain.*

## The Prayer of St. Francis

Lord, make me an instrument of Your peace;  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.

O Divine Master,  
Grant that I may not so much seek  
To be consoled as to console;  
To be understood, as to understand;  
To be loved, as to love;  
For it is in giving that we receive,  
It is in pardoning that we are pardoned,  
And it is in dying that we are born to Eternal Life.

Amen.





## "Do It Anyway"

Adapted by Mother Teresa

*People are often unreasonable, irrational, and self-centered.  
Forgive them anyway.*

*If you are kind, people may accuse you of selfish, ulterior motives.  
Be kind anyway.*

*If you are successful, you will win some unfaithful friends  
and some genuine enemies.  
Succeed anyway.*

*If you are honest and sincere people may deceive you.  
Be honest and sincere anyway.*

*What you spend years creating, others could destroy overnight.  
Create anyway.*

*If you find serenity and happiness, some may be jealous.  
Be happy anyway.*

*The good you do today, will often be forgotten.  
Do good anyway.*

*Give the best you have, and it will never be enough.  
Give your best anyway.*

*In the final analysis, it is between you and God.  
It was never between you and them anyway.*



The verses below reportedly were written on the wall of Mother Teresa's home for children in Calcutta, India, and are widely attributed to her. Some sources say that the words below were written on the wall in Mother Teresa's own room. In any case, their association with Mother Teresa and the Missionaries of Charity has made them popular worldwide, expressing as they do, the spirit in which they lived their lives.

## **The Guest House**

By: Jelaluddin Rumi  
translation by Coleman Barks

*This being human is a guest house.  
Every morning a new arrival.  
A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.  
Welcome and entertain them all!  
Even if they are a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.  
The dark thought, the shame, the malice.  
meet them at the door laughing and invite them in.  
Be grateful for whatever comes.  
because each has been sent  
as a guide from beyond.*

## Love After Love

By Derek Walcott

*The time will come when, with elation  
you will greet yourself arriving  
at your own door, in your own mirror  
and each will smile at the other's welcome,  
and say, sit here. Eat.*

*You will love again the stranger who was yourself.  
Give wine. Give bread. Give back your heart to itself,  
to the stranger who has loved you all your life,  
whom you ignored for another,  
who knows you by heart.*

*Take down the love letters from the bookshelf,  
the photographs, the desperate notes,  
peel your own image from the mirror.  
Sit.  
Feast on your life.*

## **“Always we hope”**

by Lao Tzu

*Always we hope someone else has the answer  
Some other place will be better,  
Some other time it will all turn out.*

*This is it. No one else has the answer  
No other place will be better,  
And it has already turned out.*

*At the center of your being  
You have the answer,  
You know who you are  
And you know what you want.*

*There is no need to run outside for better seeing.  
Nor to peer from a window.  
Rather abide at the center of your being;  
For the more you leave it, the less you learn.*

*Search your heart and see  
The way to do, is to be.  
Abide at the center of your being.*

## "Auguries of Innocence"

by: William Blake

*To see a World in a Grain of Sand  
And a Heaven in a Wild Flower,  
Hold Infinity in the palm of your hand  
And Eternity in an hour.*

*"What lies behind us and what lies before us are small matters compared to what lies within us."*

~ Ralph Waldo Emerson

## **Additions**

**Insight Timer** - a free app for your mobile phone

Search: Don Reed Simmons for: ***One Minute Meditation***

YouTube: <https://www.youtube.com/watch?v=0fcdv0kFVMs>

**The Great Bell Chant (The End Of Suffering)** By: Thich Nhat Hanh

<https://www.youtube.com/watch?v=F1ZwaEzMtJw&feature=youtu.be>

**"What meditation really is"** short talk by Jon Kabat-Zinn

<https://www.youtube.com/watch?v=shPI6A2Pq2E>

**Institute of Mindful Living**

Facebook page:

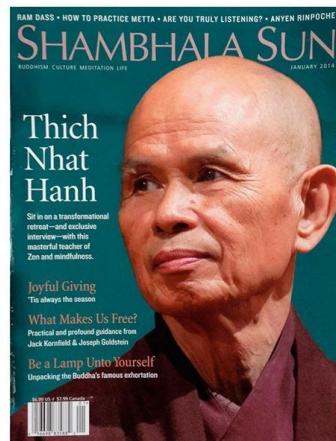
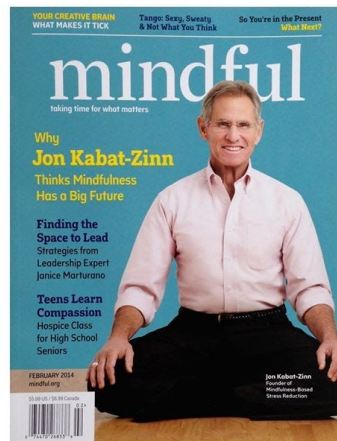
<https://www.facebook.com/InstituteofMindfulLiving>

**It is important in life to know where you come from.**

During my life, I have had many teachers, too many to mention here. First and foremost, **my parents** taught me to love each other, commitment to doing the Right Thing, the joy of nature, encouragement to strive for a goal and a need for Spiritual nourishment.

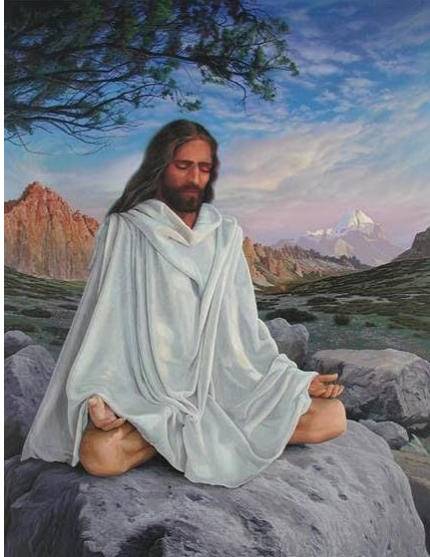


Two important teachers in the world of Meditation; Jon Kabat-Zinn and Thich Nhat Hanh.



**Jon Kabat-Zinn** brought science into Meditation through the University of Massachusetts Medical Center with the creation of Mindfulness Based Stress Reduction (MBSR) and has published numerous papers, books and workshops on the importance of meditation. He is credited with bringing meditation into mass consciousness. I studied under his direction in 1997.

**Thich Nhat Hanh** is a Vietnamese Buddhist monk who was nominated for a Nobel Peace Prize in 1967 by Martin Luther King, Jr for his efforts to end war. He and his community are dedicated to bring peace into the world with the recognition of “Inter-Being” through nonviolent solutions to conflict and to the elimination of slavery and human trafficking. He has written over 100 books which has been translated into numerous languages. I studied under his direction in 2013.



**Jesus** is a Master Teacher and Spiritual Guide whose mission was to bring forgiveness into the world and to show us all a way of alignment with God as a way of living, healing, loving and being. We are all “Children of God” and Jesus shows us the way.



**St. Francis of Assisi**, born 1181, was an Italian Catholic friar, philosopher, mystic and preacher. He developed a deep love of nature and animals and is known as the patron saint of animals and the environment. The very first line of the Prayer of St. Francis is a Guiding Light in my life.

*“Lord make me an instrument of Thy Peace.”*





Don Reed Simmons is a teacher, modern mystic, shamanic practitioner and sound therapist whose mission is to bring harmony to the world. He has led over 5,000 meditations, has produced 11 recordings and has had his *One Minute Meditation* listened to over 1.2 million times on Insight Timer (*a free app*). He worked as a volunteer Crisis Intervention counselor while working in the film business in New York City, Los Angeles and Honolulu and served as a Guided Imagery facilitator at Queens Medical Center in Honolulu for a study on complementary healing.

Contact:

DonReedSimmons@gmail.com

www.TheMindfulSociety.com

YouTube: Don Reed Simmons

<https://www.youtube.com/channel/UCpWPxleQSsl6iZ-MeS1OrPQ>