




# Peace, Calm, and Contentment Take Practice

Meditation Basics

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“We pay too little attention to the value of meditation, a principle of devotion. In our worship there are two elements:

One is spiritual communion arising from our own meditation; the other, instruction from others, particularly from those who have authority to guide and instruct us. Of the two, the more profitable introspectively is the meditation. Meditation is the language of the soul. It is defined as 'a form of private devotion, or spiritual exercise, consisting in deep, continued reflection on some religious theme.' Meditation is a form of prayer. ...

Meditation is one of the most secret, most sacred doors through which we pass into the presence of the Lord.”

–David O. McKay




“The real problem of the Christian life comes where people do not usually look for it. It comes the very moment you wake up each morning. All your wishes and hopes for the day rush at you like wild animals. And the first job each morning consists simply in shoving them all back; in listening to that other voice, taking that other point of view, letting that other larger, stronger, quieter life come flowing in. And so on, all day. Standing back from all your natural fussings and frettings; coming in out of the wind.”

– C.S. Lewis, *Mere Christianity*


# Stress, Happiness, and Your Nervous System

- Sympathetic Nervous System— fight, flight, freeze— in case of emergency, spikes cortisol and adrenalin.
- Parasympathetic Nervous System— rest and digest, tend and befriend, relaxation response, feel good neurotransmitters like oxytocin
- Hand model of the brain.



“Why do you waste your time studying happiness at Harvard? What does a Harvard student possibly have to be unhappy about?”

—Shawn Achor



“Embedded within that question is the key to understanding the science of happiness. Because what that question assumes is that our external world is predictive of our happiness levels, when in reality, if I know everything about your external world, I can only predict 10 per cent of your long-term happiness. Ninety percent of your long-term happiness is predicted not by the external world, but by the way your brain processes the world. And if we change it, if we change our formula for happiness and success, we can change the way that we can then affect reality. What we found is that only 25 per cent of job successes are predicted by IQ, 75 per cent of job successes are predicted by your optimism levels, your social support and your ability to see stress as a challenge instead of as a threat.”

—Shawn Achor



# Moving Through the Layers

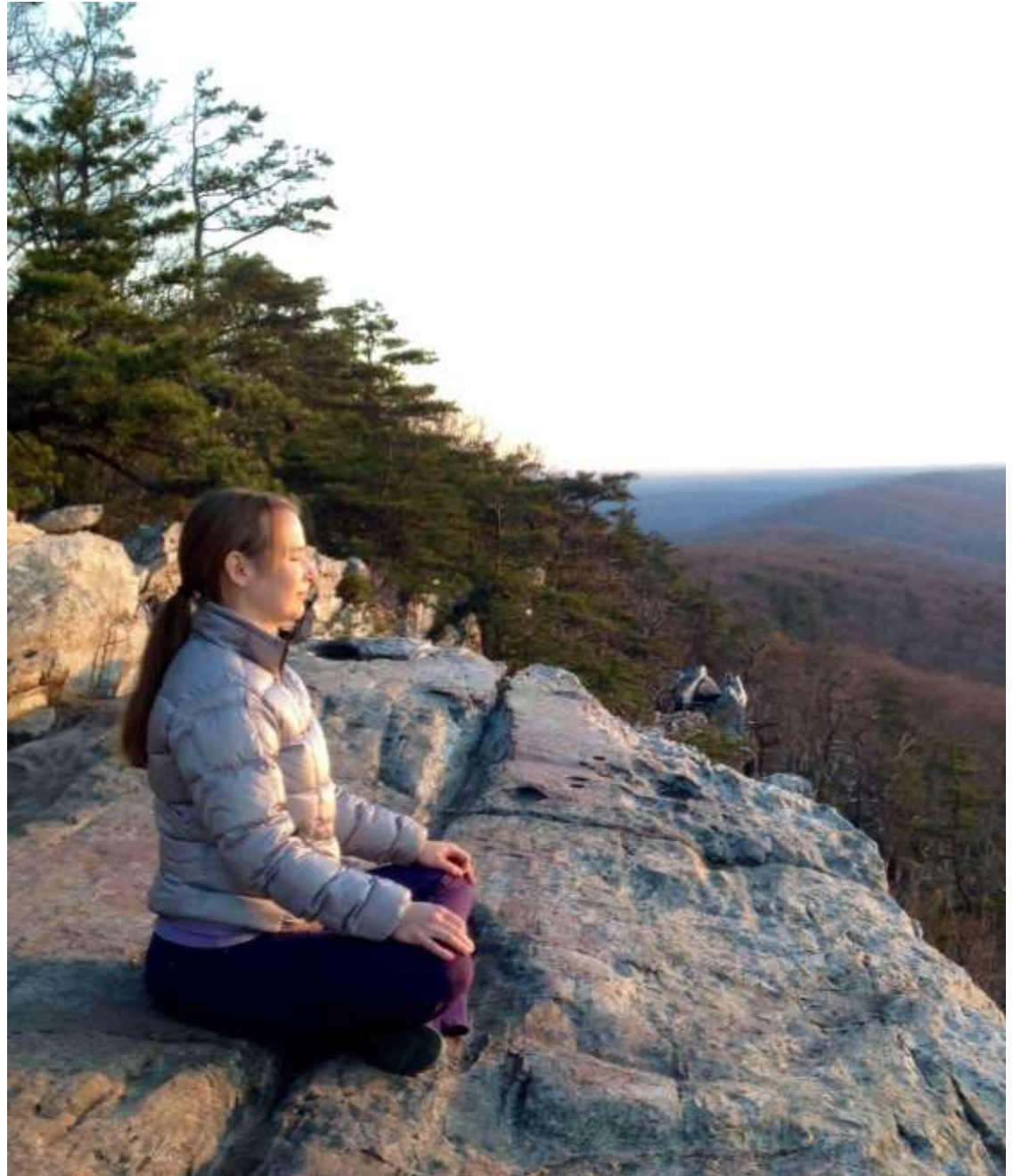
- Physical body
  - Breath and Energy
- Conditioned, Habitual Responses
  - Wisdom, Intellect, and Choice
- Heart



# Physical Body

*Be still and know that I am  
God. Psalm 46:10*

This is the first layer that  
we **MUST** open to get to  
the deeper layers.  
Every single thing we  
experience is registered  
as a physical sensation.





# R.A.I.N.

- Recognize
- Allow
- Investigate
- Nurture



## Breath

Our breath is the bridge between what we can control, and that which we aren't aware of.

Natural breath mantra means "I am that."

In Mormon language that means "I am a child of God."

# Conditioned, Habitual, Responses

For the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord, and becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father.


—Mosiah 3:19



Not every voice you hear in your head is a trusted voice.

Your brain is a thinking organ—it just thinks like your heart pumps blood and your stomach digests food.





“Man is a thought being, and his life and character are determined by the thoughts in which he habitually dwells. By practice, association, and habit, thoughts tend to repeat themselves with greater and greater ease and frequency; and so "fix" the character in a given direction by producing that automatic action which is called "habit."

By daily dwelling upon pure thoughts, the man of meditation forms the habit of pure and enlightened thinking which leads to pure and enlightened actions and well performed duties. By the ceaseless repetition of pure thoughts, he at last becomes one with those thoughts, and is a purified being, manifesting his attainment in pure actions, in a serene and wise life.”


—James Allen, *Mastery of Destiny*






# Intellect, Wisdom, and Choice

Your mind can be like a crazy, untrained puppy.



“Look unto me in every thought.  
Doubt not, fear not.”

–Doctrine and Covenants 6:36



“It is easy to mistake reverie for meditation. This is a fatal error which must be avoided by one striving to meditate. The two must not be confounded. Reverie is a loose dreaming into which a man falls; meditation is a strong, purposeful thinking into which a man rises. Reverie is easy and pleasurable; meditation is at first difficult and irksome. Reverie thrives in indolence and luxury; meditation arises from strenuousness and discipline. Reverie is first alluring, then sensuous, and then sensual. Meditation is first forbidding, then profitable, and then peaceful. Reverie is dangerous; it undermines self-control. Meditation is protective; it establishes self-control.”

—James Allen, *Mastery of Destiny*



# Heart

There is a traditional meditation practice called “metta” or loving-kindness. It is through the lens of love that we really see things as they really are. The pattern of Enos



Meditation is experiential.