



How to Meditate



AN OVERVIEW BY THE RESILIENT ACTIVIST

Guided by Certified Mindfulness Teacher Tobi Holloway, Midwest Alliance for Mindfulness



Meditation is a self-care practice where activists can discover things like:

- The replenishing stillness that we can come home to whenever we need to
- Seeing things as they truly are so we can act wisely
- A kinder, encouraging inner voice
- Pacing ourselves so we can stay motivated in this important work rather than burning out

What this resource will provide you...

This “How to Meditate” resource will offer introductory education on meditation, ranging from the practical (how to sit) to the conceptual (how this leads to positive change).

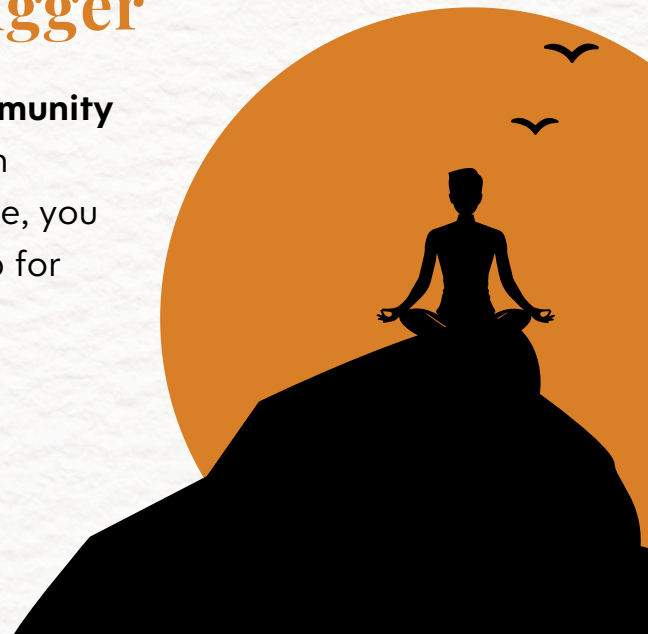
The lessons are presented in a **series of informative short videos** with accompanying text to provide instruction, context, practice, and implementation of meditative practices.

Together, we will demystify meditation and shed light on the transformative ripple effects it can have in our lives. When applied through direct experience, you will get a taste of how meditation can **allow you to show up to your life with a fuller cup.**

You're a Part of Something Bigger

The Resilient Activist cares deeply about **nurturing community** and ensuring people have the tools they need to nourish themselves and the planet. By participating in this course, you are not just showing up for yourself, you are showing up for each other. We thank you!

Let's get started.





How to Meditate



1

Introduction to Seated Meditation

Watch our first video, which sets the stage by explaining that **meditation is an exercise to train the brain**, similar to how workouts train the body. The sitting practice becomes both a lab and a gym for the mind.

During meditation, you will learn about how the mind works, experiment to try new things, find what's useful to you, practice to reinforce, and eventually, allow mindfulness to become an instinct.



[!\[\]\(b93a3d1004da39ab83182d084e9be391_img.jpg\) !\[\]\(18b03587d53b8a1a394fa741678e6af2_img.jpg\) **How to Meditate:**
Intro to Formal Sitting Practice](#)



2

Find Your Sitting Posture

The position your body is in when you meditate **can make a big difference.**

In [this video](#), we go through a variety of sitting options with suggestions of how to modify your supports - all with the intention of balancing effort and ease, alertness and relaxation.



[!\[\]\(858877c83f69b6bbd9e525d29b670687_img.jpg\) !\[\]\(da05ba2c1453b56e7c71b9d77089474b_img.jpg\) **How to Meditate:**
Find Your Sitting Posture](#)



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3

Find Your Anchor

In [this video](#), we answer the following questions:

- **What is an anchor?**
- **What are we looking for in an anchor?**
- **Why is it a good idea to have one?**

We explore some options for resting your attention and experiment with them to find one that fits.



[🔗 🎥 How to Meditate:
Find Your Anchor](#)

4

Basic Instructions

This [video lesson](#) is a deeper dive into the basic instructions that were introduced in the first video:

1. **Rest your attention on the anchor**
2. **Notice when the mind wanders**
3. **Gently bring the attention back to the anchor**



[🔗 🎥 How to Meditate:
Basic Instructions](#)

We use these steps to practice the skills of curiosity and concentration, replace the harsh inner critic with an encouraging inner coach, and build a resilience by having an internal place to refresh our internal resources.



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5

Add-Ons: Before, During, and After

This [video lesson](#) offers tried and true techniques to make the basic instructions easier (labeling your anchor, post-meditation body scans, noticing benefits from meditation, etc.).



[🔗 🎥 How to Meditate:
Add-Ons](#)



6

Finding the Pause

A core concept in meditation is that we have endless opportunities to pause and make choices in our responses instead of reacting automatically.

As we learn in [this video](#), when we are not paying attention, our feelings lead to urges which lead to behaviors - often below our conscious awareness and without our intention.

The more we can wake up to how our minds work, the more space we create to make new choices.

This is how transformation happens.



[🔗 🎥 How to Meditate:
Find the Pause](#)



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Takeaways

In this [video](#), we sum up what we have covered and give it some context for next steps.

We would love to hear how helpful this “How to Meditate” resource was for you... contact us via [social media](#) or [our website](#) to let us know.

We wish you the best in your meditation journey!



[🔗 🎥 How to Meditate:
Takeaways / Wrap Up](#)

“We live in a world that promotes chronic busyness, distraction, and negative news. Our meditation events offer people new perspectives, renewed energy, and enhanced clarity that empower them to show up better prepared to face life’s demands.”

Continue Your Mindfulness Practice with The Resilient Activist...

- Check out our [Upcoming Events](#) to find out what mindfulness-connected event we’re hosting next
- Our founder Sami Aaron has created a robust [meditation archive on Insight Timer](#), for those looking for free guided meditations
- Access The Resilient Activist’s [Meditation Resources](#)
- Want to know how meditation can help with Climate Anxiety? Check out our EnviroTip article, [Meditation – A Powerful Resiliency Tool](#)

