



### MIT Facilitator Points:

## Completion points for meditation

### *Background*

When I lead a meditation I have a list with points on areas I like to cover, if accurate, at the end of meditation. This way people can have a feeling of completion and feeling good about the work done.

### *Check Points*

- How has your awareness grown? Has your consciousness changed during meditation? Experiences come and go – good & bad – but what stays with you and you take with you after meditation is your awareness and the depth you have achieved. This is the Gold that will change your life – so have awareness on what it is.
- Do not judge your meditation as good or bad; every minute spend in meditation is a minute very well spend. Sometimes the best meditations make you feel “bad”.
- Is there an action you want to take, a next step, resulting new found awareness? Writing it down is a great thing to do.
- Take the time you need to complete the meditation for yourself.

- For evening meditations: try to stay within as you leave...take this depth of quiet, peace that you feel within with you and see if you can reconnect to this again just before you fall asleep...and fall asleep going even further.
- Make sure you are grounded and alert before you leave and especially when you drive.
- Gratitude; is a powerful force. What are you grateful for in this meditation, in your life?
- Remember; meditation builds on itself. Results will be there. The more frequently you meditate, even if it is just 5 minutes, the more you will start to feel and see the results. Commit to your next time to meditate if that feels right.
- Take care and be gentle with yourself.