

A woman with long, wavy blonde hair is shown from the chest up, wearing a light pink top. She is standing in a field of cosmos flowers, with several pink and yellow flowers in the foreground and background. The scene is softly lit, creating a peaceful and natural atmosphere.

SLOW DOWN TO RESTORE

Mindfulness Guide

**Five mindfulness practices to tap
into your gifts and talents**

Karen Powers Wan

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WELCOME

Restore your Spirit

In this guide, you will find five mindfulness practices that can help you tap into the power of your authentic nature and rewire your neural networks so that you can become wiser, healthier and more creative. The more you repeat this practices, preferably on a daily basis, the more you can make a positive difference with your actions and choices.

It's not too late to refresh your talents and gifts!

www.harmony-habits.com



INTRODUCTION

Human beings are not robots, though sometimes the way our world is structured makes us believe we should be.

All of us need to renew ourselves throughout our day to maintain and restore our short and long-term health.

The five different types of restorative practices in this workbook address different mind/body/soul renewals that we need to function at our best.

You may be familiar with these practices, or just becoming acquainted with them for the first time. The next page shows you a high level overview of the practices in this book.

Each practice can be used to restore yourself and others on a daily, weekly or seasonal basis. After each practice, you will also find an exercise to deepen your connection with what it means to restore yourself.

It can be helpful to practice with others, if you would like to join my weekly Wednesday morning group, you can join our community at www.mindfulearthkeeper.com and gain access to free weekly meditations with me via zoom.

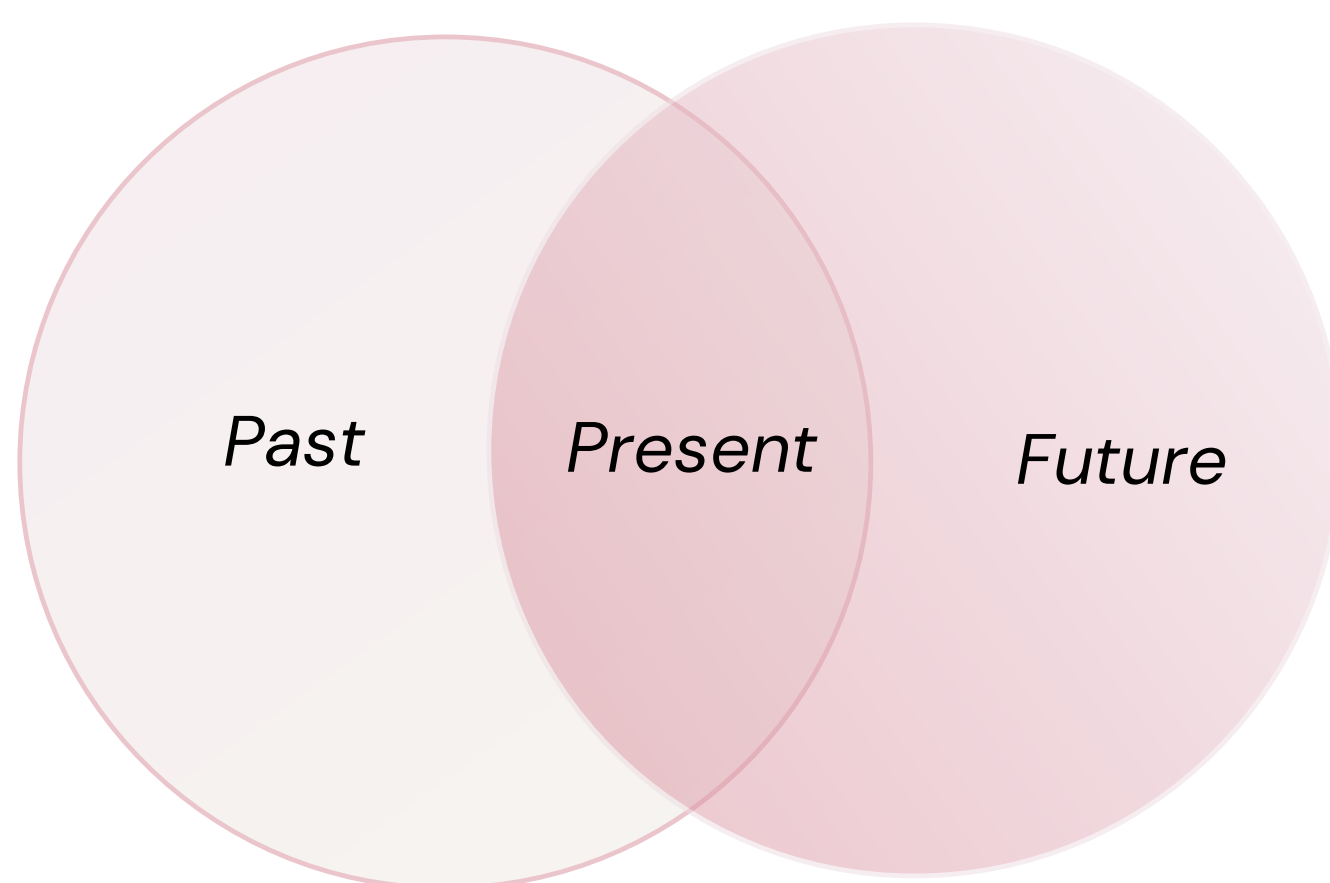
You can also find videos from me for these practices and others at the my YouTube channel:

<https://www.youtube.com/@mindfulearthkeeperpractices>.

MINDFULNESS

Practice Overview

Practices to Heal Our Neural Network



SHAMATA

Ancient buddhist meditation practice that helps us to get centered in the present.

EXTERNAL MEDITATION (ECORESONANCE)

Similar to prayer, in this practice, we send healing energy to another living being

BODY SCAN

Mindfulness practices that allows us to rewire our neural pathways with body awareness.

LOVINGKINDNESS MEDITATION

Another Eastern meditation practice that helps us to connect to the rest of life with compassion.

GRATITUDE MEDITATION

Mindfulness practice that moves us from the fear based parts of the brain into the joyful right brain.

RESTORATIVE PRACTICE ONE

Shamata Meditation

Shamata meditation is a very simple technique of feeling your breath moving in and out.

If you're beginning or returned to a meditation practice, it's best to commit to a small amount of meditation every day, rather than one longer practice only once per week.

In Shamata meditation, you practice with your eyes open.

You embrace a precise posture helps your mind to focus more easily. Sitting with a straight back in a seated position in a chair or on the floor is recommended. If your health makes that impossible, you can also practice however your body feels most comfortable

This meditation has been practiced for thousands of years, and benefited untold numbers of people.



HOW TO PRACTICE SHAMATA

To begin this meditation assume a seated posture. If you're in a chair plant your feet firmly into the ground, and place your hands on your legs with palms down. If you're on the floor allow your legs to relax, and allow the energy of your body to be grounded into the floor.

Straighten your back a little more, and straighten your neck. Feel the back of your body as a strong support, and allow the front of your body to relax and soften. Also allow your face and your eyes to relax.

Allow your eyes to look downward three to six feet in front of you, Keep your gaze soft and diffused as you allow yourself feel both relaxed and strong. Begin to notice your breathing. You don't need to change your breath. Just notice the feeling of your breath moving in and out of your body. Once you are in this position, you can set your timer for whatever amount of time that feels right for you.

Over time, Shamata meditation can help your mind to increase its ability to focus and stay on track with where your heart and soul want to lead you.

EXERCISE ONE: TRUST YOUR OWN EXPERIENCE

We often forget to trust our own experience.

As you begin to practice Shamata meditation, check in with yourself, and notice what is happening. It's perfectly normal to experience emotions, boredom, and a range of experiences. The goal is to be present with what comes up, and keep bringing your attention back to your breath.

Consider keeping a meditation journal and recording your responses to these questions every week.

1. What was my experience of Shamata meditation this week?

2. Was I able to keep returning to being present with myself?

3. Sometimes meditation can help us tap into our authentic creativity in a deeper way, so ask yourself: Could I notice any changes to my ability to focus or listen to your life differently?

Practice Goal for the Next Season:

Practice Shamata meditation for five to twenty minutes every day this week. It's better to do a little every day than an hour on one day.

Shamata is a practice can create deep transformation in your life over time. It's best to practice this meditation with no attachment to results, at the same time you can notice if it helps you to clear your mind and/or soften your heart.

MINDFUL INSIGHTS

Weekly Wisdom

After practicing Shamata meditation for a week, use this page to record weekly insights.

IT'S NOT TOO LATE

KEEP GOING.
KEEP GROWING.



*"You have the power to
rewire your brain."*

RESTORATIVE PRACTICE TWO

External Meditation



Another restoration technique that has been practiced across the world is meditating on an external object.

You can also look at this as a type of prayer, particularly when you send positive energy to another being. From this point of view, this technique has been practiced in a religious context for thousands of years.

In the last century, the late Masuro Emoto scientifically studied the practice of sending thoughts and energy to water and other objects. You may have seen studies of sending positive and negative energy to plants. When positive energy was sent to water, the water would form beautiful crystals. Conversely, when negative thoughts were sent, the water structure would become chaotic and less symmetric.

In this meditation, we practice sending positive energy to a living being. It can be a plant, an animal, a person. The side effect of this meditation is the positive inspiration that this type of meditation can have on you.

CONNECTING TO LIFE VISUALIZATION

In this very simple practice, we use intentions and focus our energy another living being. Our goal is to send loving and healing energy to another living being. For this visualization, I suggest that you find a house plant or go out in nature if you want to interact with a tree or work with a being outdoors. You could also send loving energy to a beloved animal companion. This visualization helps you connect your own thoughts in a creative healing way that you can use with all the life you encounter.

Begin by slowing down and if you can, imagine letting your energy drop from your head to your feet, so that is not focused entirely in your head.

Direct your focus to the plant or other life form that you have chosen to work with today. Feel the energy of this other life if you can, and send kind and loving energy from your heart to that plant. Allow yourself to feel a connection with this plant in whatever way shows up naturally.

We're going to repeat some healing statements directed to that plant, and to ourselves. It may seem silly to you, but allow yourself to speak to this plant, and say:

May my actions make your life easier.

May your life be filled with healing and peace.

Add any other intentions that feel right for you.

Feel whatever is coming up for you as you speak these intentions aloud.

This may seem silly to send positive love to another life form, but it has a positive effect on you too. With your imagination, allow your plant, a being you may not think of being a high consciousness to send kindness and peace back to you.

For about the next minute or so, relax into a shared energy of peace with your plant. Just allow yourself to be whole and complete just as you are for a few minutes or moments.

Note: You can also apply use this practice to send positive energy to whatever you are creating in your life, maybe something you're writing, painting or a business you are building.

EXERCISE TWO: HEAL LIFE/HEAL YOURSELF

We often forget that we can exchange positive energy with all of life on our planet. I hope you found working with a living being this week to be a healing experience. Again, consider journaling about your experience..

1. What was your experience of sending kindness to your plant or other living being today or this week?

2. Were you able to feel the plant sending you kindness and good energy?

3. Sometimes we get “messages” from these meditations. Did you receive any messages, if so what did you hear?

4. To whom or what might you be willing to send positive energy on an ongoing or even sporadic basis?

Practice Goal for the Next Season:

Consider the plant or other being that you just worked with in this meditation to be a creative healing partner for you.

Send positive energy to this plant every day this week, and allow it to send kindness and appreciation to you. As you work on something creative this season, think of that project as having a living energy and send positive energy to it.

IT'S NOT TOO LATE



*"You have the power to
connect with the rest of life."*

MINDFUL INSIGHTS

Weekly Wisdom

After practicing External Meditations for a week, use this page to record weekly insights.

RESTORATIVE PRACTICE THREE

Body Scan Visualization



If we want to live with more joy and purpose, we need to learn how to love and renew the health of our body. Whether our body is diseased or healthy, it carries us through this life. We have the option of sending joy to every part of our body.

One of the best ways to connect with the power of our minds to heal our body is to add a five to ten minute body scan to our day.

he classic body scan allows us to use the power of our imagination to heal physical bodies with the power of our mind. There are many versions of body scans, on the next page, I share a body scan that sends the fire of love to the trillions of cells within our bodies.

To find other types of body scans visit the Mindful Earthkeeper YouTube page at <https://www.youtube.com/@mindfulearthkeeperpractices>.

FIRE OF LOVE

BODY SCAN

In this visualization, we will imagine the fire of love expanding in every cell of your body.

Take a deep breath, and close your eyes.

When you are ready, move your attention to your feet. Feel the cells in your toes. Imagine that within each cell is a small flame of light and love. Imagine that flame growing brighter in each cell in your toes.

Allow the flame of love in each cell to shine brighter, and spread throughout the rest of your foot, moving at your own pace. Letting the fire of love grow brighter within each of your feet.

As the fire grows brighter in the cells of your feet, let it spread up through your ankles, your shins and into your lower leg. Notice how the fire in your cells is different than normal fire. It's fueled by love, and can be as cool or warm as your body needs it to be.

Feel the fire of love spreading throughout the cells within your whole leg. Your legs are full of light and love.

This feels great!

Allow the cells throughout the trunk and core of your body to become filled with this fire of love. Feel your internal organs lighting up, as well as your largest organ, your skin. All the cells in your body are lighting up.

The fire of love is spreading through your arms all the way to your fingertips.

The cells in your neck are lighting up, and moving into your skull. You can feel light moving across your face and into your brain.

The light in your whole body has expanded. Notice how that feels.

For as long as you like, breathe in more love and light to the trillions of cells that keep you alive.

Let love fill your whole body.

Our bodies carry us through so many adventures in our lives and we owe it to ourselves to care for our body on the outside and the inside.

The Fire of Love Body Scan helps you to connect with your hidden healing powers of the mind/body connection



EXERCISE THREE: HONOR YOUR OWN EXISTENCE

Sending healing thoughts and love to our own body on a daily basis is a wonderful way to honor your own existence, and it's powerful.

Recording changes in your body can be very helpful.

Consider using the Mindful Insights at the end of this chapter to record a week of body scan visualizations.

1. What was your experience of expanding the light and love in the cells of your body?

2. Were you able to feel or imagine a difference by using the power of your imagination to affect your body?

3. Are there any parts of your body that experience chronic pain or require healing? If so, would a body scan be a useful practice to add on a daily or weekly basis?

Practice Goal for the Next Season:

Consider your imagination as a creative healing partner for your body. Set aside five to ten minutes every day to practice the Fire of Love meditation, or any other body scan that appeals to you.

At the end of the season, write down any changes you might have noticed in a journal. Notice how you can use your imagination to increase your own well-being in practical ways.

MINDFUL INSIGHTS

Weekly Wisdom

After practicing Body Scans for a week, use this page to record any insights or changes you experienced in your body.

IT'S NOT TOO LATE



*"You have the power to heal
your mind & body every day."*

RESTORATIVE PRACTICE FOUR

Lovingkindness Meditation

The Loving Kindness meditation is another ancient meditation practice that comes to us from Buddhism.

It's a very popular meditation that helps us to focus our attention on compassion for ourselves and our broader world.

Some people practice this meditation every day as a way of creating and sending peace out into the world.

I recommend that you add this restorative practice as a weekly or monthly practice depending on what feels right for you.



LOVINGKINDNESS MEDITATION

In this 5th century Buddhist meditation we open ourselves to kindness and peace, beginning with ourselves.

First we send kind intentions to ourselves:

May I be peaceful, happy, and light in body and spirit.

May I be safe and free from injury.

May I be free from anger, afflictions, fear, and anxiety.

Then we think of someone we love dearly, and wish the same for them.

May she be peaceful, happy, and light in body and spirit.

May he be peaceful, happy, and light in body and spirit.

May she be safe and free from injury.

May he be safe and free from injury.

May she be free from anger, afflictions, fear, and anxiety.

May he be free from anger, afflictions, fear, and anxiety.

Moving further out from those we know, we start to send peace and happiness to know those we love less like strangers or acquaintances.

May they be peaceful, happy, and light in body and spirit.

May they be safe and free from injury.

May they be free from anger, afflictions, fear, and anxiety.

If you are able, send these qualities to those who might wish you harm or that you do not like.

Finally, send peace and happiness to all of life.

May all life be peaceful, happy, and light in body and spirit.

May all life be safe and free from injury.

May all life be free from anger, afflictions, fear, and anxiety.

You can find several variations on this meditation available on the Internet. Use the one that appeals to you the most.

We practice a different variation of this meditation at least one each month during my free meditation program on Wednesday mornings.

EXERCISE FOUR: RESTORE KINDNESS TO YOUR WORLD

The Loving Kindness meditation is a way of strengthening your love and acceptance for those you love and those you don't.

Consider using the Mindful Insights at the end of this chapter to record a week of practicing a version of the LovingKindness meditation every day.

1. What was your experience of sending peace and kindness to yourself?

2. Was it difficult to send peace, safety and ease to others?

3. If you decide to practice this lovingkindness meditation regularly, write down any changes you notice in your ability to be compassionate.

Practice Goal for the Next Season:

Set aside time to practice the Loving Kindness meditation at least once per month.

At the end of the season, write down any changes you might have noticed in a journal.

See how you have the power to increase kindness for yourself and others.

Notice if you find yourself practicing and receiving kindness in your daily life differently.

MINDFUL INSIGHTS

Loving Wisdom

After practicing Lovingkindness Meditation for a week or once a month for a few months, use this page to record any insights or changes you experienced in your ability to be more compassionate.

IT'S NOT TOO LATE



*"You have the power to spread
compassion to all you meet."*

RESTORATIVE PRACTICE FIVE

Gratitude Meditation



Gratitude meditations and journaling have become increasingly popular in recent years because most of us benefit from a daily practice of connecting to gratitude. Restorative Practice Five incorporates visualization and the repetition of a mantra, and can be practiced daily, weekly, and/or seasonally.

Mantras are phrases repeated to focus our mind and attention.

Perhaps, the most popular mantra, OM, is thought to be the primordial sound of the universe.

Mantras don't have to be complicated to be effective. Some meditation teachers from certain lineages are very precise about the use of mantras.

So as not to be appropriating another culture, we're going to going to repeat words that you know as a focal point for increasing your sense of gratitude, and maybe even possibly further awakening the love within you.

GRATITUDE MEDITATION

In this simple meditation we open to gratitude for the goodness in our lives by noticing our breath, and repeating a few simple phrases.

This easy meditation can be practiced every day.

To begin, close your eyes, if this feels good to do. Take a few deep breaths to slow your heart and to calm your emotions. Once you have taken at least three deep breaths, let go of trying to change your breath, and return to your natural pattern.

*As you breathe in, think or say aloud, I breathe in goodness.
As you exhale, simply say thank you.*

All you need to do throughout the meditation, is to breathe in goodness and say thank you on the exhale. You can shorten the words on the inhale to one word – goodness.

You can think of Goodness or Thank You as a mantra, a prayer, or a recognition that the simple act of breathing in oxygen is a gift.

Continue this practice for three to five minutes.

Notice how being grateful makes you feel.



EXERCISE FIVE:

GROW RICH WITH GRATITUDE

“In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.” – Dietrich Bonhoeffer

NOTE: *This last of our basic restorative practices can be distorted. You can use this practice as a spiritual bypass, where you don’t allow yourself to feel negative emotions or admit to problems in your life.*

A gratitude meditation is good to do in conjunction with traditional meditation so that you when you say thank you, it’s true for you. Consider using the Mindful Insights at the end of this chapter to record a week of practicing gratitude every day.

1. *How much gratitude do you experience in your life?*

2. *What type of gratitude for yourself or others do you know needs to increase?*

3. *Are there any actions you could take in the coming week as a healthy response to gratitude?*

Practice Goal for the Next Season:

At least once per week, set aside three to five minutes each day to practice a Gratitude meditation, the one in this guide or any that you prefer.

Remember gratitude lives in your heart always. Gratitude meditation can awaken the humble love you already possess, which can help you move through anything and take you anywhere.

MINDFUL INSIGHTS

After practicing a Gratitude Meditation for a week, use this page to record any insights or changes you experienced in your life.

IT'S NOT TOO LATE



*"You have the power to renew
your highest self."*

THANK YOU

For Choosing to Restore

Restorative mindfulness practices helps us to be more effective and compassionate Mindful Earthkeepers.

Thank you for taking the time to slow down to restore.

If you like, you can also use the simple checklist to inspire you to create a restorative lifestyle on a daily basis.

www.mindfulearthkeeper.com



IT'S NOT TOO LATE

To Live More Restoratively

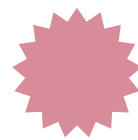
Daily Personal Restoration Suggestions		
Mind	2 to 3 hours per week	Meditation, Reading, Contemplation
Body	10 to 60 minutes daily	Movement, Strength building, Endurance
Mindful Eating	2-3 hours daily	Pleasurable, slow eating of healthy foods, preferably with others at least once per day
Creativity	1 - 4 hours daily	Create something new each day at an optimal time for you
Social Connection	2- 4 hours conscious connection per week	Collaborate and connect to bring meaning and love into your life.
Restorative Pauses	2 to 5 minutes every hour	Stop what you're doing and move your body. Take a few deep breaths to calm your heart.

How you are currently allocating your time during the day?

This table shows a few ways you can live more restoratively, perhaps starting with a few restorative pauses every day.



NEED MORE INSIGHT & SUPPORT?



My latest project, Harmony Habits was designed to share what I have learned about sustainable living and mindfulness with people who want to expand their ability to be healers and transformers of our beautiful world, as well as create more meaningful lives.

My call to promote restorative living began in 2004 when I became the Sustainability Director for the Chicago Manufacturing Center and ran an award-winning green business network for the City of Chicago. I've written books with green business leaders, and most recently helped to create of an award winning update to the City of Aurora Illinois sustainability plan in 2020.

It continues to be my goal to help innovative women and men through insights on my blog, courses, retreats, Instagram and YouTube which can be found at my website harmony-habits.com.