



# *Meditation*

## *101*

A BEGINNERS GUIDE TO  
MANTRAS, MEDITATIONS,  
AFFIRMATIONS & YOGA

BY: SNOWI LEE

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# About the Author



Hello! My name is Snowi. I'm a self-proclaimed introvert, bookworm and yogini addicted to self-improvement.

As an introvert (someone that needs time alone to "recharge" as opposed to someone that prefers "recharging" around the company of others), most of my Self-Discovery Journey has been traveled through books and practice.

In fact, my entire yoga practice is self taught with the exception of my intensive teacher training. The thought of physically attending a class doesn't do much for me and I figured I couldn't be alone. But after doing some digging, it would appear there isn't much out there for people like me by people that learn the same way as me, or many women that look the same way I do.

It's also no secret that representation for women of color in the health and wellness community is seriously lacking. This is a true seed of poetic touch yoga online. Yoga is about union. And sometimes the easiest way to begin a new journey is with a bit of familiarity...

I thank you for your support from the bottom of my heart chakra!

*Snowi :)*

# *In This Guide You Will:*

- ✦ DISCOVER 3 DIFFERENT FORMS OF MEDITATION
- ✦ PRACTICE THESE TOOLS WITH DAILY EXERCISES
- ✦ GET CLEAR ON WHAT MEDITATION MEANS FOR YOU
- ✦ NAVIGATE WHICH MEDITATION STYLES WORK BEST FOR YOU
- ✦ A BEGINNER YOGA SEQUENCE THAT YOU CAN PRACTICE DAILY.

# ✦ *Introduction to Breath* ✦

Breath is FOUNDATIONAL to meditation. This is why it I've added it before any of the meditation techniques.

It is important to take note of your breath during meditation, as it is the easiest and quickest way to begin the meditation process.

Try this breathing technique below to begin your meditation journey.



Take a few moments to find a comfortable seating position, or find a place to lay down comfortably (grab a blanket).

Place one hand on your belly, and the other hand on your chest. Breathe normally, and acknowledge the way your chest rises.

Then take a deep breath in to fill your lungs entirely and notice the sensation of your belly filling.

Exhale ALL of the air out of your lungs.

Feel your heartbeat..

# *Introduction to Meditation*

Like most people, when I heard the word "meditation" my only thought was "not for me". Years later it's become a part of my daily routine and I can hardly imagine my life without practicing it.

I'm so much more calm, more collected, and less reactionary. Instead of instantly becoming upset, I notice I'm able to step back and analyze the situation in front of me first. It's amazing!

As I began to immerse myself deeper in my physical yoga practice, I grew curious of what I was experiencing and wanted to learn more of the spiritual aspect of yoga (without going to a class). So I went to my preferred place instead, the bookstore.

Well several books, a yoga teacher training and many meditation minutes later, here I am. I have discovered a happier and calmer version of myself.

But truthfully I had a difficult time beginning my meditation practice (even while attending teacher training).

So I've decided to make this guide to help you begin your journey. These are my favorite techniques, and I think they're best for beginners.

Everything won't work for everyone, but I hope you find something here that works for you.

# Mindfulness Meditation

My favorite definition of mindfulness is:

"a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique"

This can also be considered the moment of being "in the zone" while practicing a hobby, working out, etc.

I actually learned I had been practicing mindfulness meditation this entire time while practicing yoga and running, AND this was actually my favorite reason for practicing them.

I had a hard time meditating at first. I couldn't sit for a solid 5 minutes with traditional techniques. But Mindfulness was the first time I was able to 'enjoy' my meditation and its benefits.

This is why I recommend it for beginning meditation. It can literally be practiced at anytime and any place. While walking, driving, even brushing your teeth.

# ✦ *Mindfulness Practice* ✦

Take a few moments to relax and practice this meditation. I recommend creating a relaxing atmosphere and put on music, light some candles, incense, or whatever it is that calms you.

The goal is to be present in the physical body, in the moment, and be aware. You can practice this around the house or outside. Take a moment to practice today for 10 minutes and see how you feel afterwards.

## ***WALKING MEDITATION***

Take your time with each step you take. Notice every process of the movement.

Acknowledge the ground underneath your feet. Is it warm? Cold? Rough? Soft?

Take your time with each step and feel the movement underneath you. From the heels of your feet to your toes,

Feel the way your knee comes up as you lift your leg to take the next step.

The swaying of your hips with each step.

Notice the way your foot lands back on the ground.

Feel the energy flowing through your body.

Feel the sensation coming down from the top of your head, and feel it beaming down throughout your spine

Fill your lungs with fresh air and bright light. Envision stale air and light leaving your body as you exhale.



# Affirmations

For best results, write it down and place it somewhere it can be seen frequently. I usually put mine in the mirror(sharpie comes off with alcohol)hehe

Scientific studies prove that your thoughts have power. It's also proven that all things carry vibrational energy, especially words. The words you think and speak are the pen and paper that manifest your world around you.

Have you ever met someone that always says something along the lines of, " I eat whatever I want and I never get fat." and they don't.

Or how about someone who says, "Bad things always happen to me! I have the worst luck ever!" and they always seem to have a story about their horrible week. Every time you talk!!

Do you honestly think this is pure coincidence? It's no wonder the book "The Secret" is recommended by some of the most successful people in the world(it's also on my [reading list](#)).

Affirmations are a great way to shift your mindset.

Find an affirmation that resonates with you or write down your most desired aspiration. Practice affirming this statement by envisioning it as complete while repeating it.

# ✦ *Affirmation Practice* ✦

THANK YOU.

I AM HEALTHY.

I AM ABUNDANCE.

I AM LOVE.

I AM IMPROVING.

I LOVE MONEY.

I AM STRONG.

I AM A GODDESS.

I AM GROWING.

I AM POWERFUL.

I AM SURROUNDED BY POSITIVITY

I AM LIGHT.

I AM.

# Mantras

Mantras are similar to affirmations in that they are verbal chants. Mantras however, are derived from ancient indic language known as sanskrit. Mantras have been used for thousands of years across thousands of societies. It is a sacred practice.

By chanting or speaking an mantra, you begin to create more vibrational energy of that to which you are speaking. Each letter and syllable carries a vibration. And as such, each mantra creates a specific energy.

The sanskrit definition of mantra is "that which protects". Sanskrit is an ancient language that was created based off of vibrational energy, and was created for it's vibrational content.

Mantras are typically used in conjunction to a spiritual practice such as yoga or meditation. They can be practiced with many intentions.

Find yours, find your voice, and give this a try. It may seem uncomfortable at first because you don't know exactly what you're saying. But just pretend its Keyshia Cole and give it all you got!

You can always go online and find them to listen to in the meantime. The goal is still overall to change the vibration. If all else fails, just chant "om".

# ✦ *Mantra Practice* ✦

OM SHANTI, SHANTI, SHANTI  
(aum-SHAN-tee, SHAN-tee, SHAN-tee)

"MAY THERE BE PEACE"

OM VASUDHARE SVAHA  
{aum-WA-SU-dHA-REI-SWA-HA)

"STREAM OF TREASURE "

OM NAMAH SIVAYA  
(aum- nam-aha-siva-ya)

"I OFFER TO SHIVA A RESPECTFUL INVOCATION IN HIS NAME"

OM AIM HRIM SRIM  
(aum-h-IM-HREEM-shreem)

"MOTHER GODDESS"

# Yoga

I discovered yoga almost 5 years ago. I was in a deep state of depression trying to climb out of the funk. Running has always been a release for me, but due to my knee injuries I wanted to find something more gentle.

I was on social media one day and I saw a woman in Scorpion Pose. The rest is history. I practiced at home daily in attempts to get into the pose. Soon, my practice slowly evolved to twice a day. The next thing I know, I'm practicing with every chance of spare time I could create.

What began as a form of "workout" to end my depression, lead to a spiritual journey I didn't know was possible. I began to notice how much physically and emotionally stronger I became.

I loved how I could see and feel the progress with each practice. I loved how calm I felt even more. No longer "flying off the handle" I was stronger mentally, and began to feel in control of my emotions in a way I never knew was possible.

Once I began to dive deeper, it became the beacon that lights my journey. Much more than stretching the physical body, yoga is truly a spiritual balance of the body, mind and spirit.

"Yoga is the journey of the self, through the self, to the self."

**Bhagavad Gita**

# Yoga Practice

PRACTICE THIS SHORT SEQUENCE TO BEGIN, END, OR TAKE A MUCH NEEDED BREAK WITHIN YOUR DAY.

BE SURE TO TAKE YOUR TIME AND BREATHE INTO EACH POSE. YOU CAN PRACTICE THE SEQUENCE AS MANY TIMES AS NEEDED BEFORE FINISHING IN SAVASANA.

WITH CONSISTENT PRACTICE YOU WILL NOTICE INCREASED BODY STRENGTH AND FLEXIBILITY.



# ◆ Thank You ◆

I HOPE THAT YOU'VE ENJOYED YOUR MINI-  
GUIDE TO MEDITATION!

IF YOU HAVE ANY QUESTIONS, SUGGESTIONS,  
ANYTHING AT ALL, PLEASE REACH OUT TO ME  
PERSONALLY AT  
[SNOWI@POETICTOUCHTHERAPY.COM](mailto:SNOWI@POETICTOUCHTHERAPY.COM)

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FELLOW WOMEN ON A SIMILAR JOURNEY,  
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AND

FOLLOW US ON SOCIAL MEDIA!

