

Back to School Spiritual Supplies Activity – Meditation

When you go back to school, you might experience situations where you're uncomfortable and unable to do your best. Meditation is one of the spiritual tools we teach here at CSE that can help you focus.

When we meditate, we quiet our thoughts and emotions to experience our Inner Wisdom. With a clear mind, thinking, listening, and learning at school becomes much easier.

Experimenting with the Finger Hold Meditation

Before meditating, check-in, and see how you're feeling.

- Begin sitting in a comfortable position. Keep the spine straight. Relax your arms and hands. Close your eyes and begin to focus on your breath.
- You will hold one finger at a time with the opposite hand, with each full breath. Begin by holding your thumb, then index finger, middle finger, ring finger, and small finger. Switch hands and repeat.
- Gently inhale and exhale through your nostrils. You can extend the out-breath to be about twice as long as the in-breath. This has an especially strong calming effect.
- Allow the breath to reach deep into your lungs.

After you have completed the Finger Hold Meditation, ask:

- How are you feeling now?
- Once your mind became quiet, what did you experience?

By holding each finger while breathing deeply, we can work with emotions and relax the body. The holding acts as a gentle pressure point therapy, while the breathing quiets the mind and emotions, allowing us to connect with our Inner Wisdom and True Self.

