



Joy of Resilience



Meditation for Beginners

Presented by Joy Jolie

Who is Joy?



- 🌿 Meditation Practitioner for 50 years
- 🌿 Certified Meditation Teacher
- 🌿 Certified Consulting Hypnotist
- 🌿 Certified NLP Practitioner
- 🌿 Certified CBT Practitioner



WHAT IS MEDITATION?

- 🌱 Development of attention and focus
- 🌱 Being fully present
- 🌱 Not emptying the mind
- 🌱 Thoughts wandering is normal



HISTORY OF MEDITATION

- 🌿 c. 3000–1500 BCE – Early India
- 🌿 c. 600–400 BCE – Buddhism & Jainism
- 🌿 c. 500–200 BCE – China
- 🌿 c. 200 BCE–500 CE – Hindu Systems
- 🌿 c. 500–1500 CE – East Asia
- 🌿 Middle Ages – Abrahamic Traditions
- 🌿 19th–20th Century – Global Spread
- 🌿 Late 20th Century–Present



MEDITATION TYPES AND FOCUS

Era	Primary Focus	Resilience Benefit
Ancient India	Self-knowledge	Inner stability
Buddhism	Reducing suffering	Emotional regulation
Daoism	Flow & balance	Stress resilience
Yoga	Mental discipline	Focus & clarity
Mystical traditions	Inner refuge	Meaning & hope
Modern mindfulness	Well-being	Everyday resilience



COMMON CHALLENGES

 Racing thoughts

 Restlessness

 Sleepiness

 Self-judgment



SCIENCE OF MEDITATION

Outcome	Evidence Strength	Notes
Brain structure & function changes	Emerging / Stronger in long-term practitioners	Structural effects seen in imaging studies. (Scientific American)
Reduced anxiety & depression	Moderate	Shown in many RCTs and meta-analyses. (JAMA Network)
Reduced stress / physiological stress markers	Moderate	Supported by clinical and biological studies. (Science News Today)
Improved attention & cognition	Suggestive / mixed	Some studies show benefits, others less clear. (Cleveland Clinic)
Positive mood & behavioral change	Limited/weak	Evidence varies by outcome. (NCBI)

LET'S BEGIN



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PRACTICE 1: BREATH AWARENESS

- 🍃 Focus on natural breathing
- 🍃 Return to breath when mind wanders
- 🍃 Anchor points: nostrils, chest, belly



PRACTICE 2: BODY SCAN

- 🌿 Move awareness through body
- 🌿 Notice sensations
- 🌿 Observe, don't change



PRACTICE 3: LOVING-KINDNESS

- ☑️ Cultivate warmth and compassion
- ☑️ Use simple phrases
- ☑️ Extend outward to others



SUMMARY

- ☑️ Meditation is humanity's long-standing response to uncertainty.
 - 💧 It has helped people survive, adapt, heal, and thrive — not by escaping life, but by meeting it with presence.



BUILD A HABIT

- ☑️ Start with 3–5 minutes
- ☑️ Pick a time
- ☑️ Create a meditation space
- ☑️ Track your practice



7-DAY PLAN

- 🌿 Day 1: 3 min Breath
- 🌿 Day 2: 5 min Breath
- 🌿 Day 3: 5 min Body Scan
- 🌿 Day 4: 7 min Body Scan
- 🌿 Day 5: 5 min Loving-Kindness
- 🌿 Day 6: 10 min Choice
- 🌿 Day 7: Mix Practices



ONLINE LEARNING RESOURCES

- ✔ [Ontario Vipassana Centre](#) – FREE Meditation Courses – 1 Day, 3 Day, 10 Day
- ✔ [Mindful](#) – Meditation Instruction and Mindful Phone App
- ✔ [Who Are You...Really?](#) – Meditation Video
- ✔ [Cleveland Clinic](#) – Meditation as medicine
- ✔ [Meditation Audio Tracks](#) – Free, downloadable



WRAP-UP

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