

# MEDITATION FOR BUSY PEOPLE



**RESOURCE CHEAT SHEET**

## Debunking Myths about Meditation

- [“11 Meditation Myths You Should Stop Believing,”](#) *Forbes*
- [“7 Myths About Meditation Preventing You From Grasping the Amazing Benefits of Mindfulness,”](#) *Inc.*
- [“5 Myths About Meditation,”](#) *Yoga International*
- [“Debunking Myths Around Meditation”](#) *Beyond Blue*
- [“12 Myths About Meditation We Have To Stop Believing,”](#) *HuffPost*

## Meditation When You’re Busy

- [“The Mindfulness Guide for People Too Busy to Meditate,”](#) *Psycom*
- [“How to Squeeze meditation into Your Busy Schedule,”](#) *The Chopra Center*
- [“7 Easy Ways To Meditate with a Busy Schedule,”](#) *The Chopra Center*
- [“If You’re Too Busy to Meditate, Read This,”](#) *Harvard Business Review*
- [“How to Meditate If You Have a Busy Life,”](#) *Life with Confidence*

## Understanding Meditation

- [“Understanding Meditation,”](#) *The Art of Living*
- [“What is Meditation?”](#) *Insider*
- [“What is Meditation?”](#) *The Buddhist Centre*
- [“Meditation Definition”](#) *Mind Works*
- [“The Meeting of Meditation Disciplines and Western Psychology”](#) by Roger Walsh and Shauna Shapiro

## History of Meditation

- [“A Brief History of Meditation,”](#) *Mind Works*
- [“The History and Origin of Meditation,”](#) *PositivePsychology.com*
- [“Meditation History,”](#) *News Medical*
- [“How Meditation Went Mainstream,”](#) *Time*
- [“An Overview of Meditation: Its Origins and Traditions,”](#) *Psychology Today*

## Benefits of Meditation

- [“Meditation: A Simple, Fast Way to Reduce Stress,”](#) *Mayo Clinic*
- [“12 Science-Based Benefits of Meditation,”](#) *Health Line*
- [“Meditation: In Depth,”](#) *National Center for Complementary and Integrative Health*
- [“When Science Meets Mindfulness,”](#) *The Harvard Gazette*
- [“7 Ways Meditation Can Actually Change the Brain,”](#) *Forbes*
- [“3 Ways Meditation Can Help Your Heart, Body and Mind,”](#) *Penn Medicine*

## Meditation and the Mind

- [“How Meditation Changes the Brain,”](#) *Mind Works*
- [“7 Ways Meditation Can Actually Change the Brain,”](#) *Forbes*
- [“Harvard Neuroscientist: Meditation Not Only Reduces Stress, Here’s How it Changes Your Brain,”](#) *The Washington Post*
- [“LOOK: What Meditation Can Do For Your Mind, Body and Spirit,”](#) *HuffPost*
- [“This Is Your Brain on Meditation,”](#) *Psychology Today*

## Meditation and the Body

- [“How Does Meditation Affect the Body?”](#) *Gaiam*
- [“Meditation Balances the Body’s Systems,”](#) *WebMD*
- [“Meditation: In Depth,”](#) *National Center for Complementary and Integrative Health*
- [“Meditation: A Simple, Fast Way to Reduce Stress,”](#) *Mayo Clinic*
- [“Five Ways Mindfulness Meditation is Good for Your Health,”](#) *UC Berkeley’s GGSC*

## Calming the Mind and the Body

- [“Stress Management: Relaxing your Mind and Body,”](#) *University of Michigan Medicine*
- [“12 Quick Mini-Meditation to Calm Your Mind and Body,”](#) *Psychology Today*
- [“Meditation: A Simple, Fast Way to Reduce Stress,”](#) *Mayo Clinic*
- [“4 Calming Meditation Techniques,”](#) *Gaiam*
- [“A Sequence to Calm Your Mind Before Meditation,”](#) *Yoga International*

## Meditation in Movement

- [“What is Movement Meditation?”](#) *American Institute of Health Care Professionals*
- [“Movement Meditation: Centering Breath,”](#) *Yoga Journal*
- [“Movement Based Meditation,”](#) *Totally Meditation*
- [“Mindful Movement Meditation,”](#) *Dummies: a Willey Brand*
- [“5 Movement Meditation Practices That’ll Work Your Body and Clear Your Mind,”](#) *Fit Bottomed Girls*

## Meditation by Observation

- [“A Meditation on Observing Thoughts, Non-Judgmentally,”](#) *Mindful*
- [“Self-Observation,”](#) *InsightTimer* (music and talks for self-observation)
- [“Observation and Meditation,”](#) *theo*
- [“Intro to Meditation – The Challenge of Self Observation,”](#) *HuffPost*
- [“Meditation Observation,”](#) teaching assignment by Dr. Matt King
- [“True Meditation is the Science of Observing Your Thoughts,”](#) *Big Think*

## Meditation with Affirmations

- [“How to Create Affirmations and Use Them During Meditation,”](#) blog by Rachael Kable
- [“Meditation Positive Affirmations,”](#) *Free Affirmations*
- [“How to Use Affirmations,”](#) *The Guided Meditation Site*
- [“Positive Daily Affirmations: Is There Science Behind It?”](#) *PositivePsychology.com*
- [“Daily Affirmations,”](#) *Audible* (guided meditations with affirmations)

## Creating a Daily Practice

- [“How to Begin a Daily Meditation Practice,”](#) *experience Life*
- [“How to Meditate Daily,”](#) *zen habits*
- [“8 Steps to Establish a Daily Meditation Practice,”](#) *The Chopra Center*
- [“How to Make Meditation a Daily Habit,”](#) *Mindful*
- [“Create Your Own Meditation Space,”](#) *AARP*

## Daily Meditation for the Soul

- [“Get In Touch With Your Soul With This Daily Meditation Ritual,”](#) *daily life*
- [“Meditation: A Conversation With Your Soul,”](#) *LBM with Carol Millar*
- [“A Common Meditation for All Souls,”](#) *All Souls: A Unitarian Universalist Congregation*
- [“Daily Meditation: Replenish Your Soul,”](#) *HuffPost*
- [“Speak with Your Soul – Guided Meditation Audio,”](#) *The Daily Positive*