

MEDITATION · WORKSHOP 1 OF 3

Meditating 101

The practice of awareness — where to start and why it matters

Lex Enrico Santí, LCSW, MFA · A Key Therapy

What this workshop covers

- Six modules covering what meditation is, its history and science, how to start, the wandering mind, breath, and building a habit
- This is not a guide to enlightenment — it's a practical foundation for anyone who wants to begin or deepen a practice
- You don't need a cushion, a quiet room, or twenty minutes. You need attention and a willingness to notice.
- Workshops 2 and 3 go deeper — this one gives you everything you need to start
- If you've already tried meditation and given up: this workshop is especially for you

Module 1

What meditation actually is

Not silence. Not emptiness. Not performance.



In meditation, we can watch the itch instead of scratching it.

— Ram Dass

This is the whole practice in one sentence. The itch is still there. You just stopped being ruled by it.

What meditation is — and what it isn't

- Meditation is not about silencing thoughts — the mind produces thoughts the way the heart pumps blood. That's its job.
- Meditation is about seeing clearly what the mind does — noticing thoughts, sensations, and feelings without immediately reacting to them
- It is a tool for attention, not a performance of calm
- You cannot fail at meditation by having thoughts. You can only fail by not noticing you're having them.
- Awareness is the practice. Everything else follows.

A brief history — tracing the lineage

- Meditation practices date back over 5,000 years, first recorded in India through the Vedas and early Hindu traditions
- Ram Dass brought Eastern contemplative practice to the West in the late 1960s — his teacher Neem Karoli Baba and his own journey from Harvard psychologist to spiritual teacher remains one of the most remarkable transmissions in modern history
- Thich Nhat Hanh brought engaged Buddhism — mindfulness not as retreat from the world but as presence within it
- Jon Kabat-Zinn developed Mindfulness-Based Stress Reduction (MBSR) in 1979, translating contemplative practice into clinical language that Western medicine could receive
- Today: monastery to hospital room to therapy office to smartphone app — the practice has traveled far, and it works regardless of where you encounter it