

MEDITATION

FOCUSED ATTENTION WITH THE INTENTION OF ACHIEVING A RELAXED BODY, A CALM AWARENESS OF THE PRESENT MOMENT, AND A SPIRITUAL CONNECTION TO A GREATER POWER OR TO YOUR HIGHEST SELF

Meditation, an ancient practice of most religions, takes many forms that can be practiced separately or in combination. Meditation techniques are mindful, they focus your attention. The following list of meditation techniques is organized by activity. Some are part of a greater belief system and there are many variations. Some serve simply to maintain a single focus, freeing your mind of intruding thoughts. Some focus on effecting change in your thinking or feeling. All can be done alone or with others. Choose one or more that are comfortable for you, and in harmony with your personal beliefs.

Meditation is not a “doing”, it is a “being”... focused attention helps us to get past the “doing” of the thinking and emotional mind to enter the “being” of serene matter/energy oneness with the universe

Meditation Techniques

Any of the mindful meditation techniques in this list leads to the same state of physical relaxation, calm awareness, and spiritual connectedness.

Mindful Listening

Music

Sounds: rain, ocean waves

Rhythms: drums, chants

Mantra, Passage Meditation

Entrainment to alpha and theta waves

Intentional auditory trigger (neurolinguistic programming)

Mindful Looking

Candle flame, lovely picture, religious icon, crystal

Guided imagery: visualize by listening

Mindful Moving

Breathing: abdominal breathing, pranayama techniques

Yoga asanas (postures) with controlled breathing

Qi Gong, T'ai Chi, T'ai Chi Chih

Focused or purposeful movement

Labyrinth (mandala, a walking maze)

Progressive relaxation of muscle groups

TTouch for pets

Mindful Thinking

Intercessory prayer: asking divine intervention for another or for groups

Affirmations

Focused remembering

“Sitting” meditation (Zazen or Vipassana): not thinking of past or future; being in the now

Expect to Achieve:

RELAXED BODY = opposite of physical stress

you will feel light, have restful sleep, and energy to engage the day

you will heal and resist physical dis-ease

CALM AWARENESS IN PRESENT MOMENT= opposite of worry

you will dwell in the “now” ... not in the future or in the past... it is always now

you will become more aware of beauty in your environment (smelling the roses)

CONNECTION TO A GREATER POWER... DIVINE CREATOR or your HIGHEST, MOST PERFECT SELF

you will feel joyful and more in tune with your intuition, you will notice synchronicities

you will cope more easily with stressful events

☆☆☆ Our feelings of stress are reactions to events

We may not be able to control events but... we can learn to control our reactions to those events

Some Practice Tips for the Physical, Mental, Emotional and Spiritual Wellbeing of Meditation

1. select the quietest most comfortable place possible, without preventable distractions
2. practice regularly, same time and same place when possible
3. get in a comfortable position: sitting, lying down, standing
4. take time to settle and get ready, comfortable clothing, take a few deep breaths
5. center yourself: think/feel gratitude to a higher being or to your highest self
6. follow the technique precisely, or be flexible and creative... whatever works for you
7. keep focused (mindful) on your chosen activity, sound, visual object or breathing
8. when distractions come, let them go without judging them; stay in the present moment
9. be still, or move slowly
10. start with short sessions, work up to 20 minutes or more
if you can't find 20 minutes, then you need to meditate for an hour!
11. commit to a lifetime of practice once or twice daily... like nutritious meals, the benefits last 24/7
12. be private about it ... this is for YOU

Benefits of Meditation Listed in NIH National Center for Complementary and Integrative Health

www.nccih.nih.gov/health/meditation-in-depth

- ☯ reduce blood pressure
- ☯ reduce symptoms of irritable bowel syndrome
- ☯ reduce ulcerative colitis flare-ups
- ☯ ease anxiety
- ☯ ease depression
- ☯ reduce pain
- ☯ improve insomnia
- ☯ help with smoking cessation
- ☯ safe for healthy people (people with physical limitations may not be able to participate in certain meditative practices involving movement)