

MINDFULNESS 101

MEDITATION FOR BEGINNERS



MEDITATION BASICS

DISCUSSION FLOW

Welcome to Mindfulness 101

Why meditate?

Types of Meditation

Benefits

Meditation Walk-through

Meditation Challenge

MEDITATE ON THIS

**You are the sky. Everything
else is just the weather.**

– PEMA CHÖDRÖN

WELCOME TO MINDFULNESS 101

SHORT ACTIVITIES TO INTEGRATE
MEDITATION INTO DAILY LIFE

This is a tool to use on the daily to bring you more calm, serenity and peace into your life. I have used meditation daily for a few years now and I see a big difference in my reaction and response to what life brings my way. I am better able to navigate difficult situations with pause and reflection...it's a softer easier way to be in the world.

LIVING MINDLESSLY

90% of life is our REACTION to it.

So when we are not present in the moment we are more perceptible to lose control & wreak havoc on ourselves & those around us.

LIVING MINDFULLY

Being in the NOW!

Aware of your thoughts, actions, words, non-verbal communication - we are just more present to life, more at ease, more patient & more at peace.



RELAXATION AND STRESS RELIEF



HEIGHTENED AWARENESS

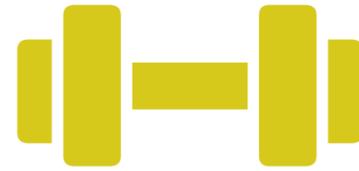


HEALTH BENEFITS

WHY MEDITATE?

MEDICAL BENEFITS

BASED ON
SCIENTIFIC RESEARCH



Reduction of Pain



Control of Blood Pressure



Management of Depression

KNOWN BENEFITS

STRESS REDUCTION

Reduces overall stress hormones & helps to create a sense of ease and calm in the body.

ANXIETY CONTROL

Helps to control anxiety at the root cause.

INCREASED FOCUS

Improves our ability to focus and reduces brain fog.

ADDICTION CONTROL

Used in many traditional recovery programs & brings a ritual of mindfulness.

TYPES OF MEDITATION

MINDFULNESS MEDITATION

In mindfulness meditation, you pay attention to your thoughts as they pass through your mind. You don't judge the thoughts or become involved with them. You simply observe and take note of any patterns. This practice combines concentration with awareness. You may find it helpful to focus on an object or your breath while you observe any bodily sensations, thoughts, or feelings.

MANTRA MEDITATION

Select a favorite word, phrase, prayer, or fragment of a poem for meditation. Ideally, a mantra is composed of only a few words or syllables, so you can repeat it easily, without getting lost in a long phrase. This type of meditation uses a repetitive sound to clear the mind. It can be a word, phrase, or sound, such as the popular "Om." It doesn't matter if your mantra is spoken loudly or quietly. After chanting the mantra for some time, you'll be more alert and in tune with your environment. This allows you to experience deeper levels of awareness. Some people enjoy mantra meditation because they find it easier to focus on a word than on their breath. This is also a good practice for people who don't like silence and enjoy repetition.

MOVEMENT MEDITATION

Although most people think of yoga when they hear movement meditation, this practice may include walking through the woods, gardening, qigong, and other gentle forms of motion.

It's an active form of meditation where the movement guides you.

Movement meditation is good for people who find peace in action and prefer to let their minds wander.

WHEN WHERE HOW...

CHOOSE THE BEST TIME OF DAY

Morning is best - when the mind is already clear - but you can practice anytime of day.

FIND A QUIET, CONDUCIVE PLACE

Best to choose a space where you will not be interrupted.

SIT COMFORTABLY

Use a meditation bolster or cushion to help elevate your hips for a more comfortable position. You can also lay down or recline if that helps for any bodily discomforts.

MEDITATION PROPER

CLOSE YOUR EYES

FOCUS ON YOUR
BREATH

BE AWARE
OF YOUR BODY

COMMIT TO YOUR PRACTICE

HELPFUL TIPS

START WITH 3 MINUTES.

Start with a time that will be easy - then add 5 minutes each week. Try to reach 15-20 minutes per day.

DON'T FRET IF YOUR MIND WANDERS.

Let the thoughts come and go like the ebb and flow of ocean waves.

BE ULTRA-PATIENT WITH YOURSELF.

By far the most important thing is to be kind and gentle with yourself while learning this new mindfulness technique.

MEDITATION CHALLENGE

COMMIT TO DAILY PRACTICE.

Find the time that you know you will dedicate & commit to 5-10 minutes to start.

INCREASE YOUR MEDITATION TIME WEEKLY.

Increase your time by 1-2 minutes each week until you reach 15-20 minutes.

DO TASKS MINDFULLY.

Be mindful of how you're moving through your day & take note of how you feel.

REFERENCES

RESEARCH PAPERS
AND JOURNAL
ARTICLES

BEGINNING TO MEDITATE

By Thacht Ninh Guan

SOLID SCIENCE BEHIND MEDITATION

By Guiselle Hoffer, PhD

MEDICATE VERSUS MEDITATE

By Annina Bolcowicz, MD