

MINDFULNESS 101

# MEDITATION FOR BEGINNERS

By The Remedy



# 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 COURSES TO INTEGRATE  
WELLNESS 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 actions, words, non-verbal communication - we are just more present to life, more at ease, more patient & more at peace.

# WHY MEDITATE?



RELAXATION AND STRESS RELIEF



HEIGHTENED AWARENESS



HEALTH BENEFITS

# Types of Meditation

## MINDFULNESS MEDITATION

This can be used in everyday activities like eating, walking, cooking or any activity of your choice.

## MANTRA MEDITATION

Select a favorite word, phrase, prayer, or fragment of a poem for meditation.

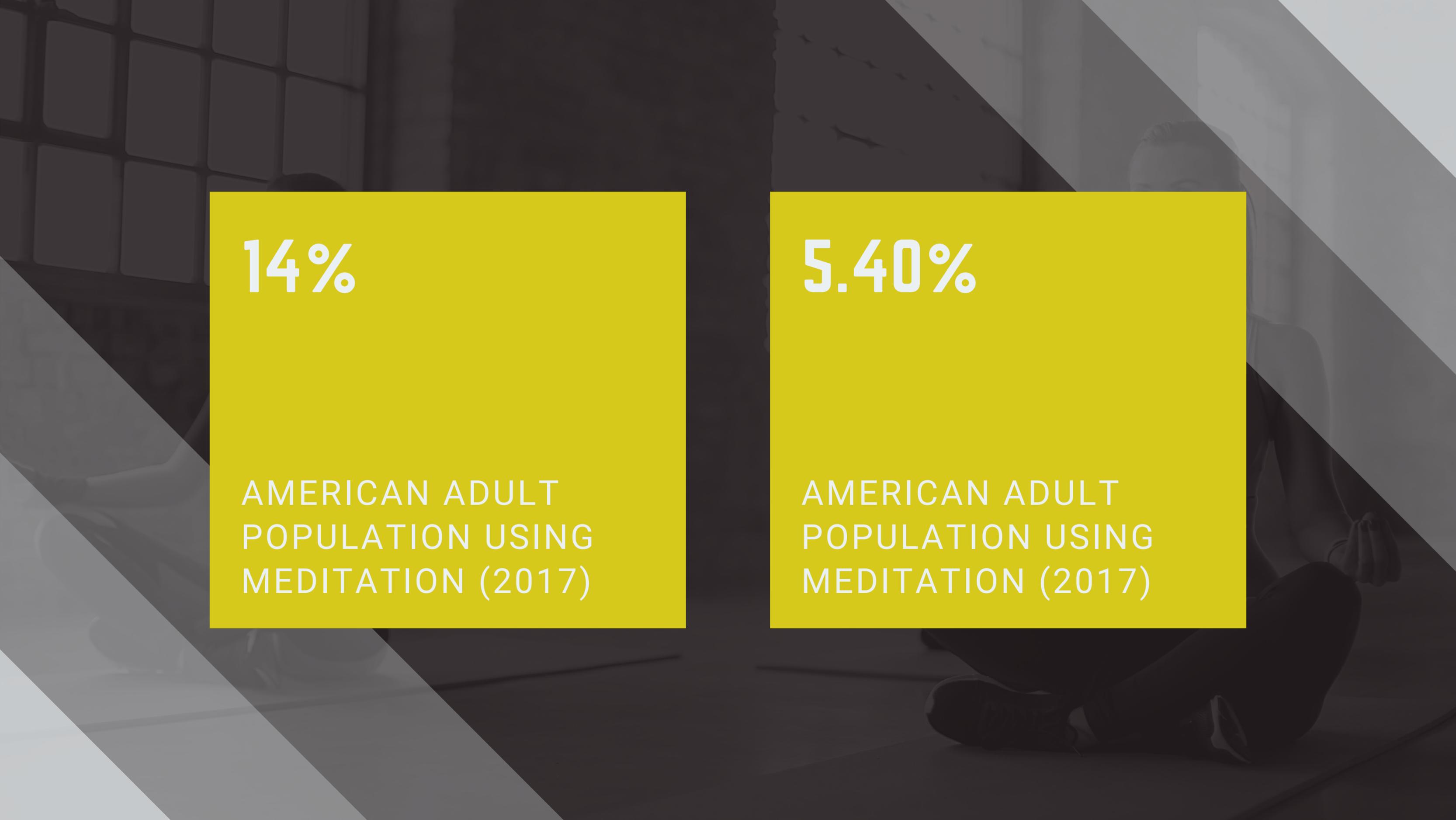
Ideally, a mantra is composed of only a few words or syllables, so you can repeat it easily, without getting lost in a long phrase.

## MOVEMENT MEDITATION

Movement meditation focuses on the movements of the body rather than the goal of the movement. For instance, picking up a book is not normally registered by your mind, but being mindful of the process makes the movement much different.

## TRANSCENDENTAL MEDITATION

The TM technique involves the use of a silently-used sound called a mantra, and is practiced for 15–20 minutes twice per day. It is taught by certified teachers through a standard course of instruction, which costs a fee that varies by country.

A person is shown in a meditative pose on a yoga mat in a studio. The background is a dark, moody photograph of a person meditating, with geometric shapes overlaid in shades of gray and yellow. The overall aesthetic is clean and modern.

14%

AMERICAN ADULT  
POPULATION USING  
MEDITATION (2017)

5.40%

AMERICAN ADULT  
POPULATION USING  
MEDITATION (2017)

OM-AZING FACT

**1500 BC**

FIRST RECORDED EVIDENCE  
OF MEDITATION PRACTICE

# 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

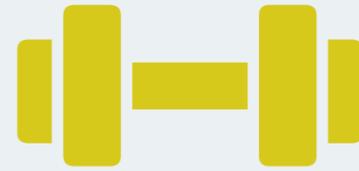
Improves our ability to focus and reduces brain fog.

## ADDICTION CONTROL

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

# MEDICAL BENEFITS

BASED ON  
SCIENTIFIC RESEARCH



Reduction of Pain



Control of Blood Pressure



Management of Depression

# 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.

## INCREASE YOUR MEDITATION TIME WEEKLY.

Increase your time by 3-5 minutes each week until you reach 15-20 minutes.

## DO TASKS MINDFULLY.

Be mindful of how you are 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