

# MEDITATION *For* COMPLETE BEGINNERS



## CHECKLIST

## **Introduction to Meditation**

- ☐ Gained acceptance as a preventative method of healing
- ☐ Provides wide range of benefits
  - Mental
  - Emotional
  - Physical
  - Spiritual
- ☐ Used to deal with certain medical conditions
  - Depression
  - Stress
  - Anxiety
- ☐ Originated in India between 5,000 and 3,000 BCE

## **Benefits of Meditation**

- ☐ Mental Benefits
  - Reduced stress
  - Reduced anxiety
  - Reduced depression
  - Aids in the recovery from addiction
  - Reduces chronic pain
  - Increases happiness
- ☐ Health Benefits
  - Increased immunity
  - Better emotional balance
  - Lowers blood pressure

- Improves cardiovascular health
- Spiritual Benefits
  - Increased self-awareness

## **Types of Meditation**

- Mindfulness meditation
  - Origins in Buddhist teachings
  - Most popular forms of meditation
  - Involves regulating the breath
- Focused meditation
  - Practice of focusing attention on a given object, sound, or another stimulus
  - Uses senses to enter into a concentrated focus
- Spiritual Meditation
  - Enhancing an awakening process
  - Commonly practiced with Eastern religions
    - Hinduism
    - Daoism
  - Uses various elements
    - Frankincense
    - Sandalwood
    - Myrrh
    - Cedar
- Movement meditation
  - Can enjoy the practice of meditation while moving around

- Walking in the forest
  - Gardening
  - Various poses
  - Various forms of motion
- Provides body with an outlet for energy while increasing circulation
- Enhances spiritual exploration
- Transcendental meditation
  - Main purpose to attain peace and wellness
  - Extremely popular
  - Originates from the Indian Vedic tradition
  - Become more connected to your deeper self and pure consciousness
- Mantra meditation
  - Practiced within the Hindu and Buddhist traditions
  - Uses repetitive words, sounds, or phrases
  - Intended to clear the mind

## **Getting Started with Meditation**

- Chose the type of meditation that best suits your needs
- Fire up your motivation
  - Remind yourself why you've chosen to meditate
- Set reasonable goals
  - Will give your direction
  - Ask yourself what you want to accomplish
  - Start with simple goals

- Be aware of your expectations
    - Shouldn't be too ambitious
- Be diligent
  - It will take practice to realize your goals
  - Be fully involved in the practice
- Identify potential distractions
  - Clear your mind of distractions
  - Acknowledge the thoughts
  - Work to resolve your thoughts
- Effectively prepare for your meditation practice
  - Use a timer
  - Find a quiet place
  - Choose a comfortable posture

## **Breath Control**

- Breathing is the key to meditation
- Various breathing techniques that can be used
  - Equal breathing
  - Abdominal breathing
  - Alternate nostril breathing
  - Skull shining breathing
  - Progressive relaxation
  - Guided Visualization

## Practical Tips for Meditation Success

- ☐ Start small
- ☐ Have a clear understanding of the benefits
- ☐ Understand the principles of meditation
- ☐ Follow the path that works well for you
- ☐ Engage in regular practice
- ☐ Fuel your body with the right foods
  - Fresh fruits
  - Dark chocolate
  - Green smoothie
  - Almonds
  - Water
- ☐ Foods to avoid before meditation
  - Caffeinated drinks
  - Simple carbohydrates
  - Heavy meals
    - Avoid foods rich in sugar
    - High fat foods
    - Starch filled foods
    - Foods with creamy sauces
    - Meals with cheese
- ☐ Take the time to consider the types of food you consume before meditating