

Informational & Practice Session
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MEDITATION

TAKE A SECOND...

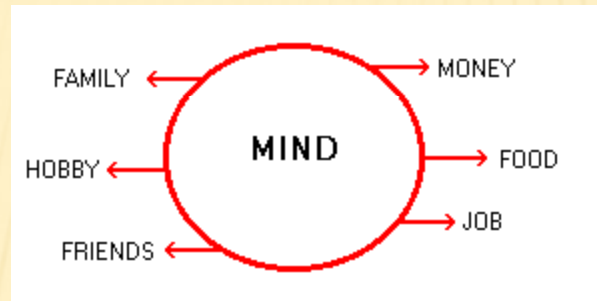
- ❖ And take your pulse. I'll count 15 seconds and then multiply your number by 4.
- ❖ At the end we'll take it again...

WHAT IS MEDITATION?

MEDITATION IS...

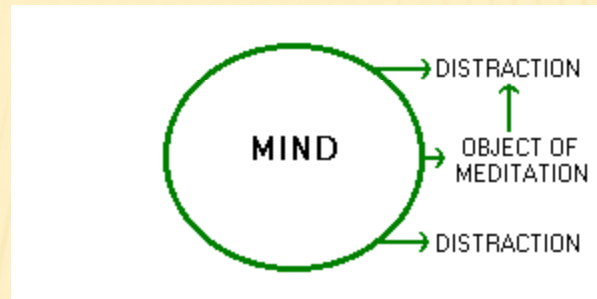
- ❖ a three step process out of our normal thought pattern
 1. to concentration,
 2. then meditation,
 3. and finally contemplation;that leads to a state of consciousness that brings
 1. serenity,
 2. clarity,
 3. and bliss.
- ❖ Definition and following explanation from, "The Meditation Society of America" www.meditationsociety.com

NORMAL STATE



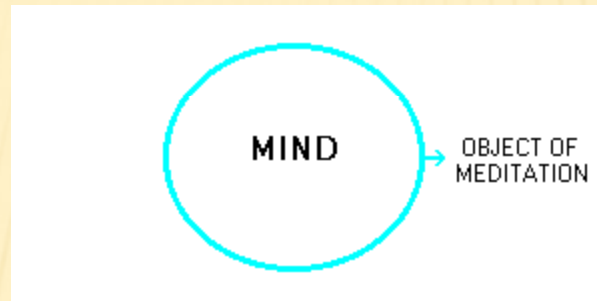
- ❖ We receive sensory stimuli and react in a completely uncontrolled way.
- ❖ We bounce from one thought to another and follow with our emotional and physical reactions.

STEP 1: CONCENTRATION



- ❖ The start of gaining control over the mind.
- ❖ The idea is to pick an object, subject, verse, or word to place your attention on and then to focus exclusively on it without diversion.

STEP 2: MEDITATION



- ❖ Here we have unbroken attention.
- ❖ The classic description of the difference between Concentration and Meditation is given in the example of pouring oil from a bottle into a bowl.

STEP 3: CONTEMPLATION



- ❖ This is the ultimate state of consciousness.
- ❖ The object fades away and there is simply focus.
- ❖ It feels like a unity of the object and your mind.

WHAT ARE THE BENEFITS OF MEDITATION?

EMOTIONAL BENEFITS

- ❖ • Decreased Stress
- ❖ Improved sense of positivity
 - Increased confidence
 - Greater ability to give and receive love
 - Elimination of panic attacks
 - Greater sense of warmth and openness towards others

PHYSICAL BENEFITS

- ❖ Reduced muscular tension
 - Strengthened immune system
 - Accelerated ability to recover from strenuous exercise
 - Decreased high blood pressure
 - Lowered cholesterol levels
 - Reduced risk of cardiovascular disease
 - Reduced strain related pain, such as headaches
 - Ability to sleep more deeply and restfully
 - Improved flow of air to the lungs resulting in easier breathing
 - Reduction of free radicals - organic molecules responsible for aging, tissue damage, and possibly some diseases
 - Reduced levels of stress hormones such as cortisol
 - Increased feelings of vitality and rejuvenation

PSYCHOLOGICAL BENEFITS

- ❖ • Increased memory
- Enhanced creativity
- Improved clarity of thought
- Improved problem solving abilities
- Decreased depression
- Decreased anxiety
- Help with resolving addictions
- Reduced irritability and moodiness
- Enjoying a more positive outlook
- More smiles!

SPIRITUAL BENEFITS

- ❖ • A greater sense of purpose and meaning in life
- A feeling of connectedness to others
- An openness to love and to higher guidance
- Improved intuition
- A tendency to “let go” and go with the flow of life

YOUR LIFE AS A WHOLE

- ❖ As you can see, meditation benefits every aspect of your being...mental, physical, emotional and spiritual.

BEGINNER'S BREATHING MEDITATION



BEACH VISUALIZATION RELAXATION



TAKE A SECOND...

- ❖ And take your pulse again...

RESOURCES

- ❖ Meditation basics – Where to start
 - ❖ <http://www.the-guided-meditation-site.com/index.html>
- ❖ Free Meditation Music
 - ❖ <http://www.the-guided-meditation-site.com/free-meditation-music.html>
- ❖ Beginner's Breathing Meditation
 - ❖ <http://www.innerhealthstudio.com/breathing-meditation.html>
- ❖ Visualization Meditation
 - ❖ <http://www.innerhealthstudio.com/visualization-audio.html>
- ❖ Meditation Rooms
 - ❖ <http://life.gaiam.com/gaiam-life-meditation-rooms>