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
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.
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
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

- Free Meditation Music

- Beginner's Breathing Meditation
  - http://www.innerhealthstudio.com/breathing-meditation.html

- Visualization Meditation

- Meditation Rooms