

# MEDITATION FOR BUSY PEOPLE

## Defining meditation

- Practice
  - Train attention and achieve mental clarity
- History
  - Practiced since 1500 BCE
  - Early meditation practiced in early Hinduism
  - Early meditation practiced in early Buddhism
  - Early meditation practiced in early Judaism
  - Early meditation practiced in early Christianity
  - Early meditation practiced in early Islam
  - Non-spiritual meditation in the 18th century
- Categories
  - Focused meditation
  - Open monitoring meditation
- Elements
  - Focused attention
  - Relaxed breathing
  - Quiet setting
  - Comfortable position
  - Open attitude
- Tools
  - Postures or asanas
  - Prayer beads

## Meditation and the mind

- Left hippocampus grows
  - Increases cognitive ability
  - Increases memory
  - Increases emotional regulation
  - Increases self-awareness
  - Increases empathy
- Posterior cingulate grows
  - Regulates notion of the self
  - Enhances concentration
- Temporo parietal junction grows
  - Increases empathy
- Amygdala shrinks
  - Reduces fear
  - Reduces anxiety
  - Reduces anger

## Meditation and the body

- Activates relaxation response
  - Reduces cortisol
  - Turns off autopilot

## Calming the mind and the body

- Benefits
  - Experience full relaxation
  - Holistic view of the self
- How to
  - Slow breath
  - Focus mind on controlling breath
  - Practice breathing techniques
  - Imagine energy leaving body
  - Imagine body getting heavier
  - Allow body to relax
  - Focus until mind and body relax

## Meditation by observation

- Definition
  - Meditation to observational thoughts
  - Observe stream of thought
- Benefits
  - Encourages positive self-talk
  - Increases optimistic mindset
  - Increases happier wellbeing
  - Sharpens focus
  - Get to know yourself better
- How to
  - Sit comfortably
  - Close eyes
  - Focus mind on controlling breath
  - Slow breath
  - Focus on other parts of the body
  - Pay attention to how your body feels
  - Allow brain to wander
  - Recognize your thoughts
  - Let thought finish
  - Gently let go of thought
  - Do this until you're ready to finish
  - Bring attention back to the breath
  - Slowly open eyes

## Creating a daily practice

- How to
  - Select time of day
  - Select meditation length
  - Create a meditation space
  - Create go-to meditation
- Tips
  - Improvise
  - Be kind to yourself
  - Allow yourself to mess up

## Benefits of meditation

- Reduces stress
- Decreases symptoms of illness
- Improves heart health
- Decreases muscle tension
- Increases metabolism
- Slows brain aging
- Improves psychological wellbeing
- Improves concentration
- Assists addicts in recovery

## Meditation in movement

- Definition
  - Meditating to movement
- How to
  - Sit comfortably
  - Slow breath
  - Focus mind on controlling breath
  - Think about your body
  - Think about how your body interacts with the world around you
  - Begin to move with eyes closed if possible
  - Stand up
  - Think about muscles contracting
  - Feel feet firmly on the ground
  - Lift up arm
  - Think about how it feels
  - Put both hands down
  - Move around the room
  - Pay attention to your body
  - Sit back down
  - Sit comfortably
  - Open eyes
- Popular postures
  - Downward-facing dog
  - Child's pose
  - Corpse pose

## Meditation with affirmations

- Affirmations
  - Positive sentences we say to ourselves or others
  - Associate affirmation with images
- Benefits
  - Increases motivation
  - Changes behavior
  - Changes habits
  - Changes actions
  - Changes reactions
- Create affirmations
  - Search online for ideas
  - Practice observation meditation
  - Ask yourself what you want
  - Ask yourself what you need
  - Think about your goals
  - Focus on mid- to long-term goals
  - Form affirmation
- How to
  - Repeat affirmations morning and night
  - Practice meditation with affirmations
  - Sit comfortably
  - Close eyes
  - Focus mind on breath
  - Say affirmations out loud
  - Repeat 10 times
  - Focus mind back on breath
  - Open eyes

## Daily meditation for the soul

- Journal meditation
  - Observation meditation with journaling
  - Ask yourself, "What am I thankful for today?"
  - Reflect
  - Write down answer
  - Ask yourself, "What do I need right now?"
  - Reflect
  - Write down answer

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## **1. Benefits of meditation**

- 1.1. Reduces stress
- 1.2. Decreases symptoms of illness
- 1.3. Improves heart health
- 1.4. Decreases muscle tension
- 1.5. Increases metabolism
- 1.6. Slows brain aging
- 1.7. Improves psychological wellbeing
- 1.8. Improves concentration
- 1.9. Assists addicts in recovery

## **2. Meditation in movement**

### 2.1. Definition

- 2.1.1. Meditating to movement

### 2.2. How to

- 2.2.1. Sit comfortably
- 2.2.2. Slow breath
- 2.2.3. Focus mind on controlling breath
- 2.2.4. Think about your body
- 2.2.5. Think about how your body interacts with the world around you
- 2.2.6. Begin to move with eyes closed if possible
- 2.2.7. Stand up
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- 2.2.10. Lift up arm
- 2.2.11. Think about how it feels
- 2.2.12. Put both hands down
- 2.2.13. Move around the room
- 2.2.14. Pay attention to your body
- 2.2.15. Sit back down
- 2.2.16. Sit comfortably
- 2.2.17. Open eyes

### 2.3. Popular postures

- 2.3.1. Downward-facing dog
- 2.3.2. Child's pose
- 2.3.3. Corpse pose

## **3. Meditation with affirmations**

### 3.1. Affirmations

- 3.1.1. Positive sentences we say to ourselves or others
- 3.1.2. Associate affirmation with images

### 3.2. Benefits

- 3.2.1. Increases motivation
- 3.2.2. Changes behavior
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### 3.3. Create affirmations

- 3.3.1. Search online for ideas

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3.3.3. Ask yourself what you want

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3.4.3. Sit comfortably

3.4.4. Close eyes

3.4.5. Focus mind on breath

3.4.6. Say affirmations out loud

3.4.7. Repeat 10 times

3.4.8. Focus mind back on breath

3.4.9. Open eyes

## **4. Daily meditation for the soul**

4.1. Journal meditation

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4.1.2. Ask yourself, "What am I thankful for today?"

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### 7.1. Benefits

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- 7.1.2. Holistic view of the self

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