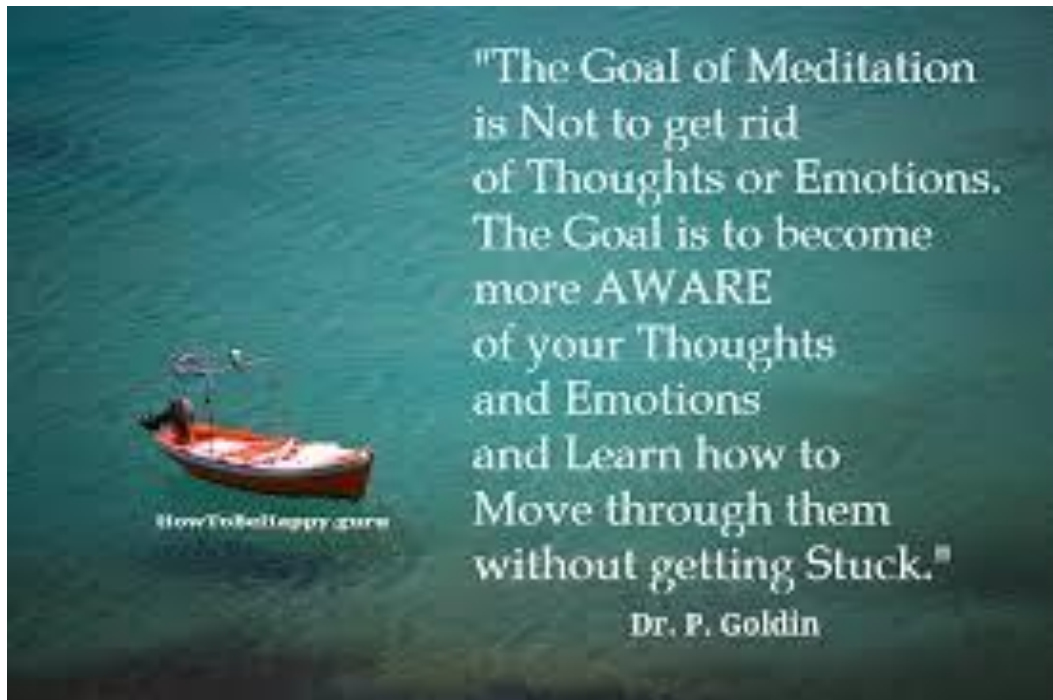


Mindful Practice Group Worksheet – April 2017

Meditation



Meditation

Meditation is at the core of mindfulness. The ability to pause, take time out, sit, reflect, let thoughts go is one of the greatest gifts we can give ourselves. If only it was that easy. People can struggle with meditation; from making time, to regulating the breath, to allowing thoughts to come and go.

Meditation is simply sitting and clearing the mind, allowing any thoughts that come in the mind to drift out again. Here's some guidelines on how to achieve it simply;

1. Find a quiet space, and sit or lie down
2. Start to take some deep breaths in and out, and focus on these breaths.
3. If any thoughts start coming into your mind, accept these as just thoughts, and let them drift through your mind. Try not to start to look at these thoughts or judge them as good or bad.
4. If you get distracted by a sound, acknowledge that sound and let it bring you back to focussing on your breath.

There are lots of different ways to meditate; to guided mediations, sounds, in silence, music. There are no limits.

Group discussion

What is it that you like about meditating?

What do you find difficult about meditating?

How do you make time for meditation?

What benefits do you feel you get from meditation?

Meditation

Meditating to the sound of waves

https://www.youtube.com/watch?v=o3_uZM8NWKc

To music

https://www.youtube.com/watch?v=iX7nthEMo_g

Links

<https://zenhabits.net/meditation-guide/>

<http://www.gaiam.com/discover/313/article/calming-mind-meditation-exercise/>

<http://liveanddare.com/types-of-meditation/>

http://www.huffingtonpost.com/2013/08/09/meditation-for-beginners_n_3683131.html

<http://eocinstitute.org/meditation/7-ways-meditation-equals-exercise-for-the-brain/>

<https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>

Benefits of MEDITATION



Benefits of regular meditation are:



Keeps your stress-free



Reduces ageing



Adds more hours to your day



Increases your attention span



Helps you appreciate life more



Increases immunity and helps fight diseases



Helps you feel more connected



Improves metabolism and helps you lose weight



Helps you have a good night sleep



Improves functioning of your brain



Makes you and those around you happier.



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