

# Meditation

## Information sheet



Date.....

Client's name.....

Worker's name.....

Comments.....

### Why's meditation good for me?

#### **It teaches you to relax**

The first step is to relax in body and mind. Once you've learned how to do this, it can be applied to more stressful areas of your life. This doesn't mean being lazy, it means using the right amount of energy to carry out a task.

#### **It improves your health**

The relaxed but aware state you can achieve in meditation releases tension in your muscles. This allows blood to flow more freely through the heart, reducing blood pressure, aiding digestion and improving circulation in the body.

#### **It makes you work better**

It teaches you to focus on one subject at a time. Even if you have many tasks to achieve, this approach is more time and energy efficient. Being 'mind alert' means you'll also be more open to ideas.

#### **It can improve relationships**

You can become more self aware, more in tune with your body and your feelings and able to work on unblocking emotions. When tensions disappear, you can deal calmly and rationally with difficult situations.

Many people find it beneficial to meditate for four or five 15-minute sessions a week, with mini meditations when needed to de-stress during the day.

### Getting started

Meditation sounds easy, but it can actually be difficult to achieve and maintain.

When we're alert and sensitive to our surroundings, it takes perseverance and practice to become 'body relaxed, mind alert'. That's because we've been conditioned to be constantly on the ball, thinking on our feet and multitasking.

We naturally come closest to being in this 'body relaxed, mind alert' state shortly before we fall asleep. During meditation, we have to recondition ourselves not to fall asleep although many people do.

### Simple breathing meditation

1. Sit comfortably and quietly, relax your body and close your eyes. Take a deep breath, letting it out in a sigh
2. Concentrate on the sensations involved – the air flowing through your nose and your ribcage rising as your lungs fill on the intake. Notice the feeling of holding your breath and then slowly release it
3. Repeat the breathing, count 'one' as you breathe in and 'two' as you breathe out, repeat this ten times

4. If your mind wanders off or if something distracts you, don't worry. Start again and return to the breathing. Focus more intently on the sensations and the effect of your relaxed body. You may find yourself feeling warmer or experience tingling in your hands as your circulation improves. If you're nodding off, shift your position to help maintain the 'mind alert' state. When finished, allow yourself to come around gently. Open your eyes and mentally re-examine your body. Do you feel any different?

### Take it step-by-step

#### **Relax**

Adopt a comfortable position where you can breathe freely; a straight-backed chair is fine, you don't need to adopt a cross legged position. Relax all areas of your body, releasing any tension in your neck, shoulders, stomach, legs, face and hands.

#### **Focus on a chosen subject**

Remember, you aren't 'thinking' about it, you're 'sensing' it, just as if you were lying on the sand. You're enjoying the sensation rather than speculating about the nature of the sand.

#### **If distracted or if your mind wanders, refocus**

Your point of focus should be sharp and clear. The surroundings don't disappear, but they do fade into the background. Try to keep them there.

#### **Let go of all other thoughts**

Notice and enjoy the sensations of the moment. Afterwards, sit still for a while and evaluate the experience.

### Everyday mini meditations

Once you've learned the skills of quickly and consciously relaxing, you'll find that you don't need special times set aside for meditation; you can apply the techniques while going about your everyday business. It's your opportunity to turn situations into mini stress-busting meditations.

Think positive. Relax, take a deep breath then sigh. Release the tensions in your body and enjoy the sensations you experience through the slow breathing. Sense yourself shaking off the frustration.

Take a mental holiday; imagine yourself somewhere where you'd rather be. Call to mind the sights, the sounds and smells and the feeling of relaxation you'd have when you're there.