

What is meditation and why is it so beneficial to my health?

MEDITATION DEFINED:

“Meditation refers to a family of techniques which have in common a conscious attempt to focus attention in a non-analytical way, and an attempt not to dwell on discursive, ruminating thought.”

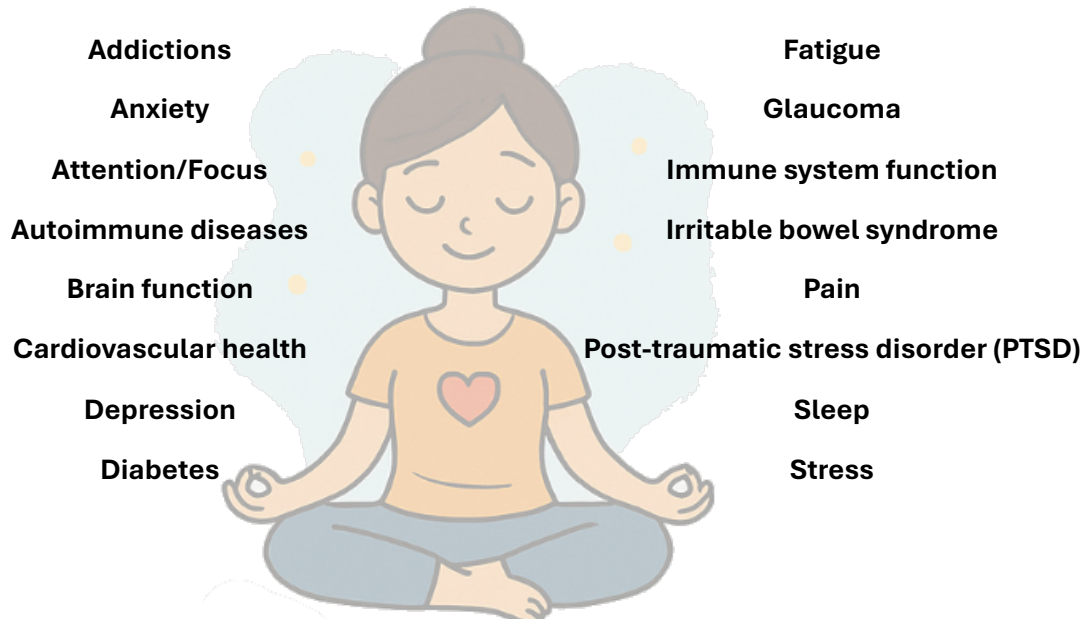
~ Shapiro, 1982 ~

Meditation comes in many forms. Some techniques encourage movement and physical activity, while others invite you to be still and silent. In some practices, you're guided to explore your thoughts and emotions, whereas others teach you to let go of them entirely. Some involve sound or chanting, and others emphasize quiet and inner stillness.

This diversity might seem surprising—how can such different approaches all be considered meditation?

The answer is simple: any practice that involves intentionally focusing your attention on a specific point—whether that's breath, movement, sound, or stillness—in a non-judgmental, non-analytical way is a form of meditation. The key lies in the mindset and the intention behind the practice.

STUDIES SUGGEST MEDITATION MAY HELP:



**The act of meditating can be practiced in various ways.
Some common techniques include:**

Mindfulness	Mindful Breathing
Transcendental	Loving Kindness
Mantra	Walking Meditation
Body Scan	Guided

**An easy way to start is through ‘Guided Meditations’
which can be done using various Apps including:**

Insight Timer (Free)

Gaia

Chopra

Headspace

Calm

Try this simple meditation practice using Mindful Breathing:

1. Find a quiet space
2. Sit comfortably wherever you prefer (bed, chair, or floor)
3. Close your eyes and breathe slowly
4. Continue to focus **ONLY** on your breath (you can breathe normally or deeply)
5. If your mind starts to wander and thoughts creep in, just gently return your attention to your breathing

Start with just 2 - 5 minutes a day and increase from there.

Consistency matters more than duration!