

Meditation Techniques

Michelle Tomaszycski



Benefits of Meditation

- ❖ Lessens stress
- ❖ Decreases likelihood of heart disease
- ❖ Improves sleep
- ❖ Decreases pain
- ❖ Improves concentration
- ❖ Decreases negative thinking
- ❖ Increases creativity
- ❖ Increase problem solving
- ❖ Creates a sense of inner peace

Types of Meditation

- ❖ Being mindful—focusing on the world around you
- ❖ Deep breathing and grounding: we will use a whole body relaxation technique followed by a countdown exercise. This begins any meditation.
- ❖ Guided meditation—lots of CDs out there. Examples that you can do on your own follow.
 - You can also develop your own inner temple or special place that you go to meditate.
- ❖ Unguided meditation—listen to relaxing music
 - Classical
 - Natural Sounds: Ryko's Atmosphere Collection is great and provides pure nature sounds without musical accompaniment.
- ❖ Shamanic journey: Accompanied by drumming. Set an intention, or ask a question, and be open to the messages your mind receives. Michael Harner's Shamanic Journey provides drumming for the journey, or you can drum yourself, or have someone drum for you.

Guided Meditation Example

Beach Meditation

Imagine yourself at a beach at night. A beautiful moon hangs in the sky, pouring silvery light down upon the world. You see the waves rolling in, an endless procession of waves, washing up to the sand. You see the waves breaking, churning phosphorescent foam that looks white in the moonlight. You hear the roar of the water. You feel the wind from the sea on your skin, in your hair. You smell and taste the salt. You walk to the edge of the water, and feel the surf roll over your feet as it gently surges up the sand. You sit here for awhile, breathing in the peace, feeling the peace wash over your body, letting all tension wash away.

Hall of a Thousand Doors

Before you, you see a door. Walk through it. You are now in a long hallway that stretches far in both directions. This hallway has many doors. Walk down the hallway, looking at each door. Ask yourself, is this door meant for me? Take a moment to find the door that feels right. Once there, notice what the door looks like. When you are ready, open the door. Step through it, and look around. What do you see? Hear? Smell? Take a few minutes to notice what is around you. When you are ready, step through the door again and enter the hallway. Walk back to the original door and step through it.

How to end your meditation:

- ❖ Count up to 10.
- ❖ Make small movements.
- ❖ Open your eyes when you are ready.