



FACT SHEET – MEDITATION

People have different reasons for wanting to meditate – from wanting to turn off the “mind chatter”, wanting to get to know oneself better, wanting to find some calm and peace, wanting a sense of grounding or perhaps it may be part of one’s faith.

Calming and self-regulation of the mind assists in reducing the effects of stress, depression, anxiety and high blood pressure.

The first step is to understand why you want to meditate. Not everyone has the same purpose or reason for meditating. Generally most people will want to seek some inner peace and quiet and just “take some time out”. Try not to over-think your reason, just acknowledge it.

The next step is to choose an easy basic meditation option and method that will fit in with your daily life and routine. This could be as simple as buying a cd or downloading a guidance recording onto your ipod to help you get started if you think you might need some help. I have found that I personally need a guided meditation practice, as I do struggle to practice by myself.

You should start with a simple sitting meditation to be alert but relaxed (try sitting on the floor, in a chair with a straight back, sitting on your heels, but avoid slumping and lying down as you might fall asleep) – find somewhere that is quiet and that you won’t be interrupted - close your eyes and just simply focus on your breathing:

- Breath in and out – be mindful of each and every breath – long and slow
- Seek to be aware of the physical changes you are experiencing – is your heart beat slowing down, is your body expanding with each inhalation and contracting with each exhalation?
- If your thoughts start to wander, come back and concentrating on your breath again – long and slow

Remember to be kind to yourself when you are starting out as a beginner. It may take some time for you to calm your mind, grow into meditation and also to appreciate this practice. As the saying goes...practice, practice, and practice some more! Like many experiences in life, quite often the benefit will appear when you least expect it and when the universe has decided it is the right time for you!

You may also like to explore a local group meditation class to offer some guidance and support.

As you advance you can then explore other forms of meditation; walking meditation, open-eyed meditation and meditation to focus on a particular issue or concern.

The beauty of meditation is that you really don’t need any props; no particular equipment, no particular clothing...nothing at all to do this. Just yourself and your breath!

Further reading:

Meditation for Beginners: www.meditation.org.au

Guided Meditation Techniques: www.how-to-meditate.org.au

Detox Destinations’ offers daily guided meditation classes included in all programs.

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