

Meditation

Meditation

Meditation is a worldwide ancient practice that dates back thousands of years. It benefits the mind the body and overall wellbeing. The practice of meditation involves clearing and focusing your mind using a combination of physical and mental techniques. You can choose meditation to reduce anxiety and stress, and to relax. Meditation may take different forms so there is no one correct way to meditate.

Forms of Meditation

- **Emotion-centered mediation:** which focuses on a specific emotion. Focusing on what makes you happy in your life or how to be kind to others
- **Meditation with movement:** this involves focusing on breathing, holding your breath or performing specific body movements
- **Mindfulness mediation:** being in the moment and staying aware, not letting your mind wander or worry about past or future
- **Mantra meditation:** repeating internally or externally and focusing on specific words or sounds
- **Contemplation:** concentrating on a question or contradiction without letting your mind wander
- **Visual-based meditation:** focusing on something or using a mental image

Benefits of Mediation

- In general depression, symptoms of anxiety or post-traumatic stress disorder are decreased
- Increases focus, concentration, ability to think and solve problems are improved
- Ability to adapt to and overcome emotional problems
- Enhances self-awareness
- Better sleep
- Better stress management skills
- Improved immunity
- Greater empathy for yourself and others

How to Meditate

As meditation focuses on the breath, the physical sensation of breathing is always present. Through out your practice you might find yourself caught up in your emotions, thoughts and sounds just bring back your mind to your next breath.

Meditation Practice

1. Find a quite area that allows you to feel and sit comfortably.
2. If seated rest both feet flat on the floor.
3. Do not allow your upper body to stiffen.
4. Straighten your upper body but allow it to straighten gently as your spine has a natural curvature.
5. Place your upper arms parallel to your upper body.
6. You can rest you hand on your lap.
7. Soften your gaze.
8. You do not have to close your eyes; drop you head a little.
9. Bring your attention to your breath, you will feel the air moving in through your nose or mouth, your abdomen on inhalation and falling on exhalation.
10. When your mind starts to wander this is normal return your attention to your breath.
11. If your eyes are closed, open them and when you are ready, gently lift your gaze.
12. Do you notice any sounds in the environment? Notice your thoughts, emotions and how you are feeling right now.

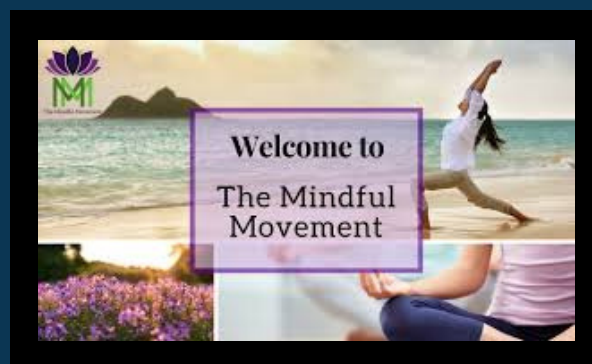
Resources

You can download and listen to Podcasts on iTunes, Spotify or listen on Youtube

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The Mindful Movement

Les and Sara Raymond are founders of the Mindful Movement which was founded in 2016. The Mindful Movement is an oasis where you can come to tap into your inner peace, positive mindset, and the ability for self-healing. They provide guided meditations, hypnosis, affirmations, mindful movement video and mindful tips for living.



Goodful Meditation

Meditation that focuses on mindfulness and compassion. Based on the idea that meditation can help improve various aspects of physical and mental health. Aims to increase compassion.



The Honest Guys

Some of the most popular meditation leaders on the internet, they have one of the most popular channels on YouTube. They have been teaching mindfulness for over a decade. If you are looking for guided meditations, meditations to help you sleep, or even background music they are one of the best free resources available on the internet



Tamara Levitt

Tamara Levitt is Head of Mindfulness at Calm, where she writes, produces and instructs Calm's meditation and mindfulness programming. This is 10-minute guide to daily calm mindfulness meditation to powerfully restore and reconnect with the present



Podcasts

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Click on images below



Benefits of Podcasts

- Support from experts who have experience guiding people through meditation
- Learn more about the basics of meditation
- Make mediation easier

Note please be advised:

Any type of self-reflective inner work has the potential to bring difficult feelings or thought to the surface. If you have been diagnosed with post traumatic stress disorder (PTSD) or complex PTSD please follow guideline regarding the potential side effects or situations where caution should be used. It has been reported by researchers that instances have occurred where participants have experienced distressing adverse effects when practicing mindfulness and meditation

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