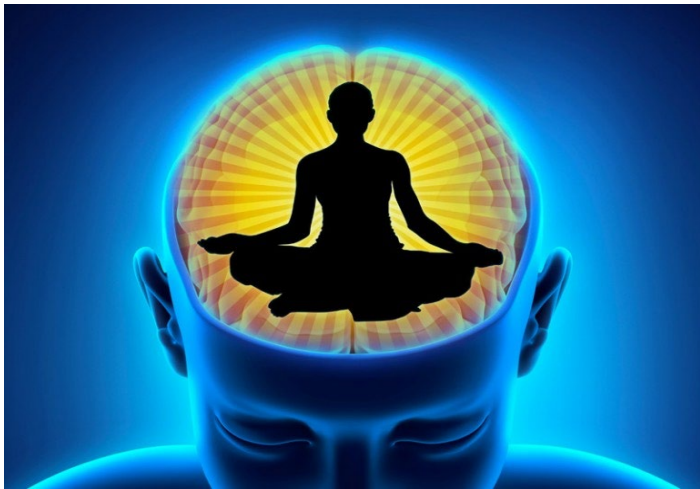


# Meditation



What is It?

*This is what it means to some of us*



*Inner Peace, Energy, Healing*

# Guided Meditation

- ▶ Guided meditation is a type of meditation using a number of different techniques to achieve a meditative state.
- ▶ It is simply done under the guidance of a trained practitioner or teacher, it can be through the use of verbal instruction, with guided imagery, which is the one we use through Bill who has been practising for a number of years.
- ▶ Benefits of guided meditations are:

- 1 Reduces stress and anxiety
- 2 Improves focus and concentration
- 3 Enhances emotional balance
- 4 Promotes better sleep
- 5 Supports physical health

# Different Techniques Used

## Power animal

An opportunity to make a connection with a being from nature, a supportive and benign animal or magical creature.

## Use of Tree branches

Sessions often focus on grounding, presence, and connection with nature, helping participants to feel rooted and resilient.

## Candle Gazing

It is an efficient way to practice meditation, it helps focus your mind and can enter a state of pure awareness.

To name a few techniques Bill does to help us meditate .....



# 5 Benefits of MEDITATION

**REDUCES  
STRESS**

**LOWERS  
BLOOD  
PRESSURE**

**HELPS  
SLEEP**

**BUILDS  
FOCUS**

**DECREASES  
DEPRESSION**



**REWIRE ME**  
rewireme.com

Sources: JAMA Internal Medicine, NPR, ScienceDirect, ScienceDaily, University of Kentucky

# MEDITATION 101

*Here are 7 basic steps towards beginner meditation practice.*



## BEGIN BY SITTING

A seated position will allow you more comfort and stamina



## CLOSE YOUR EYES

Turn the focus away from the outside world, and begin looking within.



## BREATHE NATURALLY

Simply let the air flow naturally and peacefully.



## HAVE PATIENCE

It is extremely rare to "get it" on the first try – give it some time.



## CONSIDER MEDITATIVE AIDES

Items such as mala beads can help provide a rhythm to your breathing and mantras.



## ALLOW THE MIND TO BE

Racing thoughts are normal, allow the thoughts to float by without attaching meaning to them.



## RELEASE PHYSICAL TENSION

Listen to the body's signals and relax your muscle groups as needed.

# COLOR MEANINGS

*Your tango*

## RED

power, strength, &  
romantic attraction

## ORANGE

extrovert, adventure,  
& creativity

## YELLOW

quick thinking, caution,  
& deception

## GREEN

balanced emotions,  
good health, & wealth

## BLUE

loyalty, peace,  
& honesty

## INDIGO

intuition, wisdom, & deep  
spiritual awareness

## PURPLE

compassion, royalty,  
& spirituality

## PINK

immaturity, femininity,  
& romance

## BLACK

intimidation, authority,  
& sophistication

## WHITE

simplicity, emptiness,  
& purity

## BROWN

stability, wisdom,  
& protection

## GRAY

neutrality, balance, & detachment  
from material concerns

## GOLD

illumination, enlightenment,  
& spiritual wealth

## SILVER

purity, intuition, &  
feminine energy

# Types of Meditation

- ▶ **Concentration Meditation** - The mind is directed toward a single point of reference such as a candle, this helps you practise to focus attention, helps your cognitive abilities and productivity.
- ▶ **Healing Meditation** - this helps individuals or group relax and tap into your body's natural ability to heal. It often involves guided visualisation, deep breathing and focusing on positive energy to promote physical, emotional and spiritual well-being.
- ▶ **There are many more... Ask Bill today for more information**

# What do we do in class?

We meet once a month in Ickenham on the 3<sup>rd</sup> Friday of the month from 10.30 am to 12.00pm.

We gather round in a circle sitting on chairs with Bill at the “top” of the circle, a candle is lit ready for us to focus on, and sometimes we pick up a “power” animal from a pack of cards.

Before we start, we wake up our chakras, doing qigong, this we do by gently tapping various parts of our body. to wake us up ready for meditation finishing with our 3rd eye at the top middle of our head.



# Why I Joined (Quote from our group)

I joined Meditation group out of curiosity and because some of my friends were following it. I am a sceptical Catholic and approach new things with an open mind. Meditation seemed very different, a bit strange. I am still very new to it. I found it relaxing, absorbing and enhancing my inner mind, and stronger. I am glad I gave it a try.

# *Meditation – What It Means to Me*

## *(Quotes from our group)*

- ❖ I enjoy my monthly meditation sessions for several reasons. Bill who leads the sessions, is calm and transfers his calmness to the room. His gentle voice leads us towards wellbeing and enables us to relax in concentrating and enjoying the experience.
- ❖ The other members of the group are friendly and enthusiastic to experience what is on offer (we may interpret them in different ways)  
Roll on the 3<sup>rd</sup> Friday of the month when we can relax and learn so much!!

# Benefits of Meditation

## (Quotes from our group)

- ❖ I enjoy getting away from the house for some "ME TIME". For an hour or so once a month, under Bill's guided meditation, I manage to escape from the pressures of everyday life. I wish I could bottle what Bill does so that I could have a sip when needed.
- ❖ The benefit to me attending this group is the calmness I feel at the end of the session. I now know reaching for a meditation tape is so calming when stressed, something I would never have entertained before. Many thanks to Bill for your teaching and continuing to lead the group.

# Benefits of Meditation

## (Quote from our group)

Meditation has become an important part of my wellbeing.

- I feel relaxed
- Experience calmness

Listening to “Guided Meditation” being taken on a journey, stops my mind wondering.

- I feel inner peace

At the end of meditation, I also feel energised to focus on the rest of the day with a positive and focused mindset

# Benefits of Meditation

## (Quotes from our group)

- ❖ **Meditation offers lots of positive energy to everyone attending, sharing our experiences and making friends, I feel calmer in my reactions to challenging situations. The session provide pathways for winding down before going to sleep.**
- ❖ **Meditation benefits me by creating a sense of calm. It helps me to escape from daily stress and allows me to stay present, patient and grounded.**

# *The End*

**For Further information contact Rita about joining or maybe arrange a taster session.**

