

MINI-MEDITATION GUIDE BY KAMA HEALTH



What's included:

- what is meditation?
- why meditate?
- what are the benefits?
- what is happening biologically?
- A simple breath meditation
- Overcoming obstacles to meditation
- Simple meditation tips



Meditation is a skill and a practice. Meditation supports and encourages emotional health. There are many types of meditation which have come from different religions and cultures around the world..

- but the ultimate aim of meditation (in its purest sense) is to understand the mind to make it more peaceful.

- Contrary to many western beliefs, Meditation is not falling half asleep. It is not trying to empty the mind of thoughts. Our mind is easily distracted and meditation trains us to control our monkey mind.

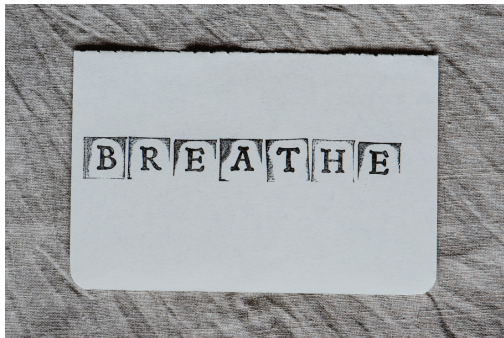
- It's a state where you are aware, focused and 'awake' while relaxed - focusing on an 'object' is how we train our mind - this can be your breath, a candle flame, visualisation, contemplation, music or another focus



Why Meditation? How does it benefit us?

Science is now showing meditation is so good for so many things. Health, emotional health, relationship, mental functioning... the list goes on

- More and more scientific research is coming to light that suggests that meditation is key to accessing our 'Relaxation response' – or countering our stress responses
- The relaxation response is not activated when resting, but more so when your mind is focused and aware. Recent research from Harvard University has demonstrated that regular meditation actually changes the structure of our brain.
- The research is also finding that meditating for even short periods has a cumulative effect – so a couple of minutes a day can start to make a difference



What is happening biologically?

Our autonomic nervous system is made up of two systems:

Sympathetic – flight or fight (quick reactions, feeling highly strung, irritable, anxious)

Parasympathetic – rest and digest (if this one is too overactive it can make us too depressed or apathetic)

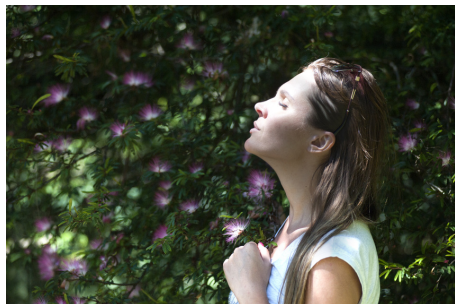
In relation to breathing...

The Out Breath stimulates the sympathetic system

The IN Breath stimulates the parasympathetic system

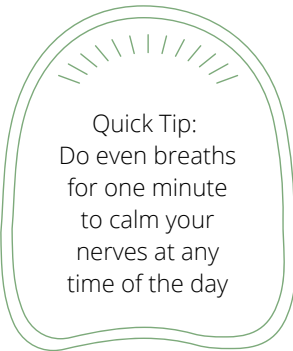
Therefore, counting in and out evenly helps to rebalance these two aspects of our nervous system.

TRY THIS... to calm the nervous system
count your out
and in breaths
for four counts
each for one
minute – see how
you feel

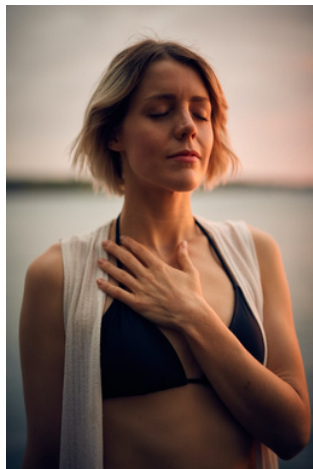


Our breath has the power to change our state of mind. Unfortunately it's so easy to forget about, because we do it automatically.

Bringing our attention to our breath has a huge effect on our mind and body. Think of it as your in-built calming system. Whether you need to decrease stress, calm yourself, get some energy, settle your mind - or something else - tuning into your breath is one of the best ways to go about creating changes, and it's highly underused - and it's free!



Quick Tip:
Do even breaths
for one minute
to calm your
nerves at any
time of the day



Overcoming obstacles:

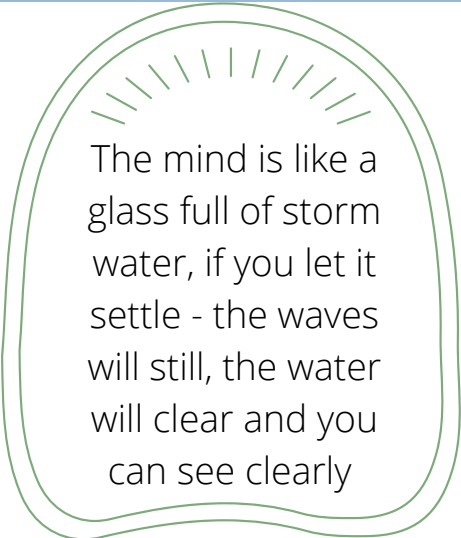
Let's be honest;
most people who try
meditation tend to
stop or simply find
it too difficult
because their mind
goes into

overdrive, they feel uncomfortable, it feels
like a waste of time etc etc.

Meditation is a practice and it gets easier
over time. Start with just a few minutes and
build your time up gradually. Thoughts will
always arise, but it is how we engage with
these thoughts that makes meditation either a
frustrating experience or a curious and
observational experience.

Observe your thoughts and then let them move
on. Imagine your thoughts simply floating away
on a cloud or on a leaf down the river. It's
ok if the thoughts keep coming, just observe
and don't judge. Happy meditating!

Check out the [Online Meditation Course](#)....



The mind is like a
glass full of storm
water, if you let it
settle - the waves
will still, the water
will clear and you
can see clearly