



MEDITATION

Did you know that meditation comes from the same Greek and Latin roots as the working medicine. Meditation has been practiced for thousands of years and originally was meant to help deepen understanding of the sacred and mystical forces of life.

Meditation and mindfulness are practices that have shown benefits for everyone not only mentally but can also benefit people emotionally and even physically. While there are many forms of meditation and mindfulness, studies have shown improvement in mood, anxiety, depression and pain scores. It is important to find a way to practice meditation that fits who you are....So, how will you meditate? Here are a few ways to consider:



Guided meditation: Sometimes called guided imagery or visualization, with this method of meditation you form mental images of places or situations you find relaxing. You try to use as many senses as possible, such as smells, sights, sounds and textures. You may be led through this process by a guide or teacher.



Mindfulness meditation: This type of meditation is based on being mindful, or having an increased awareness and acceptance of living in the present moment. In mindfulness meditation, you broaden your conscious awareness. You focus on what you experience during meditation, such as the flow of your breath. You can observe your thoughts and emotions. But let them pass without judgment.



Tai chi: This is a form of gentle Chinese martial arts training. In tai chi (TIE-CHEE), you perform a self-paced series of postures or movements in a slow, graceful manner while practicing deep breathing.



Transcendental meditation. Transcendental meditation is a simple, natural technique. In this form of meditation, you silently repeat a personally assigned mantra, such as a word, sound or phrase, in a specific way. This form of meditation may allow your body to settle into a state of profound rest and relaxation and your mind to achieve a state of inner peace, without needing to use concentration or effort.