



# A.C.E

**ADVOCATING FOR CHANGE  
THROUGH EDUCATION**



# The How and Why of Meditation

A Professional Development Course Provided by  
A.C.E.

# Objectives

Understand the  
science and  
health benefits of  
meditation

Explore the many  
types of  
meditation

Signs I'm not attempting  
meditating persistently.....

Nail biting

Insomnia

Imposter Syndrome

Impatience



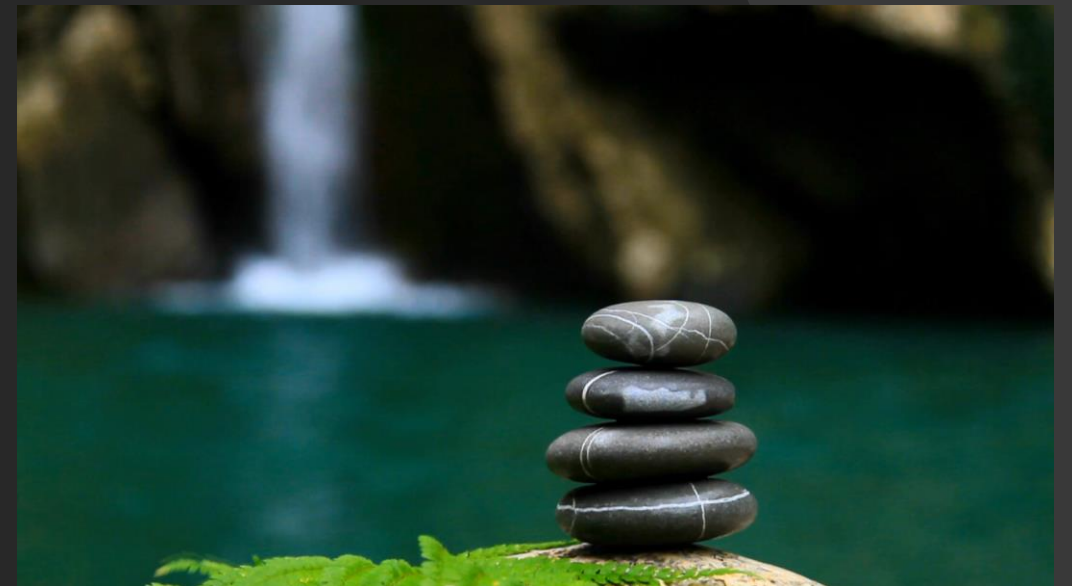
# What is Meditation?

- Consciousness is often likened to a stream, shifting and changing smoothly as it passes over the terrain.
- Meditation is one deliberate means of changing the course of this stream, and in turn, altering how you perceive and respond to the world around you.



## Some of the other psychological, emotional, and health-related benefits of meditation include:

- Better management of symptoms related to anxiety disorders, depression, sleep disorders, pain issues, and high blood pressure
- Better stress management skills
- Changes in different aspects of attention and mindfulness
- Increased self-awareness
- Improved emotional well-being
- Improved working memory
- Greater empathy for yourself and others
- Headache relief



# QUANTIFIABLE POSITIVE OUTCOMES OF MINDFULNESS



- **STRESS & ANXIETY REDUCTION**-Helps change the way you think about and respond to difficult experience
- **DEPRESSION PREVENTION**- Helps you interrupt cycles of ruminative thought that can lead to depression
- **COGNITIVE SKILLS** -Improves your attention, memory and other everyday skills
- **IMMUNE FUNCTION**- Improves your body's ability to fight infection
- **COMPASSION** -Helps us feel kindness for others, and ourselves too
- **RELATIONSHIPS**- Boosts empathy and makes us less judgmental, positively affecting how we relate to others

# Results Continued:

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- CREATIVITY- Boosts innovative problem solving
  - PAIN CONTROL- Helps you relate differently to unpleasant feelings and provides an effective tool in pain management
  - SLEEP- Helps you fall asleep quicker and stay asleep for longer
  - SMOKING CESSATION- Affects the link between cravings and behavior, helping you to change habits
  - EATING- Helps treat binge eating and other eating disorders
  - HEART HEALTH- Has a significant and positive effect on heart health
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# 9 Popular Types of Meditation:

Mindfulness  
meditation

Spiritual  
meditation

Focused  
meditation

Movement  
meditation

Mantra  
meditation

Transcendental  
meditation

Progressive  
relaxation

Loving-  
kindness  
meditation

Visualization  
meditation

# Mindfulness

Mindfulness meditation originates from Buddhist teachings and is the most popular and researched form of meditation in the West.

In mindfulness meditation, you pay attention to your thoughts as they pass through your mind. You don't judge the thoughts or become involved with them. You simply observe and take note of any patterns.

This practice combines concentration with awareness. You may find it helpful to focus on an object or your breath while you observe any bodily sensations, thoughts, or feelings.

This type of meditation is good for people who don't have a teacher to guide them, as it can be easily practiced alone.





# Spiritual Meditation

Spiritual meditation is used in nearly all religions and spiritual traditions. The types of spiritual meditation are as diverse as the world's spiritual traditions themselves. Many of the meditation techniques listed could be considered spiritual meditation.

According to a 2017 study, Trusted Source, spiritual meditation focuses on developing a deeper understanding of spiritual/religious meaning and connection with a higher power. Examples include:

- Christian contemplative prayer
- Sufi dhikr (remembrance of God)
- Jewish kabbalistic practices

**Spiritual meditation can be practiced at home or in a place of worship. This practice is beneficial for those who seek spiritual growth and a deeper connection to a higher power or spiritual force.**



# Focused Meditation

Focused meditation involves concentration using any of the five senses. For example, you can focus on something internal, like your breath, or you can bring in external influences to help focus your attention. Examples include:

- Listening to a gong
- Staring at a candle flame
- Counting your breaths
- Moon gazing
- Counting mala beads

This practice may be simple in theory, but it can be difficult for beginners to hold their focus for longer than a few minutes at first. If your mind does wander, simply come back to the practice and refocus. As the name suggests, this practice is ideal for anyone who wants to sharpen their focus and attention.

# Movement Meditation

Although most people think of yoga when they hear movement meditation, this practice may include:

- Walking
- Gardening
- Qi Gong
- Tai Chi
- Other gentle forms of movement

This is an active form of meditation where the movement guides you into a deeper connection with your body and the present moment. Movement meditation is good for people who find peace in action and want to develop body awareness.

# Mantra

- Mantra meditation is prominent in many teachings, including Hindu and Buddhist traditions. This type of meditation uses a repetitive sound to clear the mind. It can be a word, phrase, or sound, one of the most common being “om.”
- Your mantra can be spoken loudly or quietly. After chanting the mantra for some time, you’ll be more alert and in tune with your environment. This allows you to experience deeper levels of awareness.
- Some people enjoy mantra meditation because they find it easier to focus on a word than on their breath. Others enjoy feeling the vibration of the sound in their body.
- This is also a good practice for people who don’t like silence and enjoy repetition.



# Transcendental Meditation

Transcendental Meditation (TM) is a type of meditation that's been the subject of numerous studies in the scientific community.

TM was founded by Maharishi Mahesh Yogi and refers to a specific practice designed to quiet the mind and induce a state of calm and peace. It involves the use of mantra and is best taught by a certified TM practitioner.

This practice is for those who want an accessible approach to the depth that meditation offers.



# Body Scan

Also known as body scan meditation, progressive relaxation is a practice aimed at reducing tension in the body and promoting relaxation.

Oftentimes, this form of meditation involves slowly tightening and relaxing one muscle group at a time throughout the body.

It may also encourage you to imagine a gentle wave flowing through your body to help release any tension.

This form of meditation is often used to relieve stress and unwind before bedtime.





# Loving-kindness

- Loving-kindness meditation is used to strengthen feelings of compassion, kindness, and acceptance toward oneself and others.
- It typically involves opening the mind to receive love from others and then sending well wishes to loved ones, friends, acquaintances, and all living beings.
- Because this type of meditation is intended to promote compassion and kindness, it may be ideal for those holding feelings of anger or resentment.



# Visualization

VISUALIZATION MEDITATION IS A TECHNIQUE FOCUSED ON ENHANCING FEELINGS OF RELAXATION, PEACE, AND CALMNESS BY VISUALIZING POSITIVE SCENES, IMAGES, OR FIGURES.



THIS PRACTICE INVOLVES IMAGINING A SCENE VIVIDLY AND USING ALL FIVE SENSES TO ADD AS MUCH DETAIL AS POSSIBLE. IT CAN ALSO INVOLVE HOLDING A BELOVED OR HONORED FIGURE IN MIND WITH THE INTENTION OF EMBODYING THEIR QUALITIES.



ANOTHER FORM OF VISUALIZATION MEDITATION INVOLVES IMAGINING YOURSELF SUCCEEDING AT SPECIFIC GOALS, WHICH IS INTENDED TO INCREASE FOCUS AND MOTIVATION.



MANY PEOPLE USE VISUALIZATION MEDITATION TO BOOST THEIR MOOD, REDUCE STRESS LEVELS, AND PROMOTE INNER PEACE.





Time for  
Questions???????

# Sources:

[What Is Meditation? \(verywellmind.com\)](https://www.verywellmind.com/what-is-meditation-2796284)

[9 Types of Meditation: Which One Is Right for You? \(healthline.com\)](https://www.healthline.com/health/meditation/types-of-meditation)

Sedlmeier, P. et al. (2012). The psychological effects of meditation: a meta-analysis. *Psychological Bulletin*. 138, 8, 1139-1171.