

And breathe...

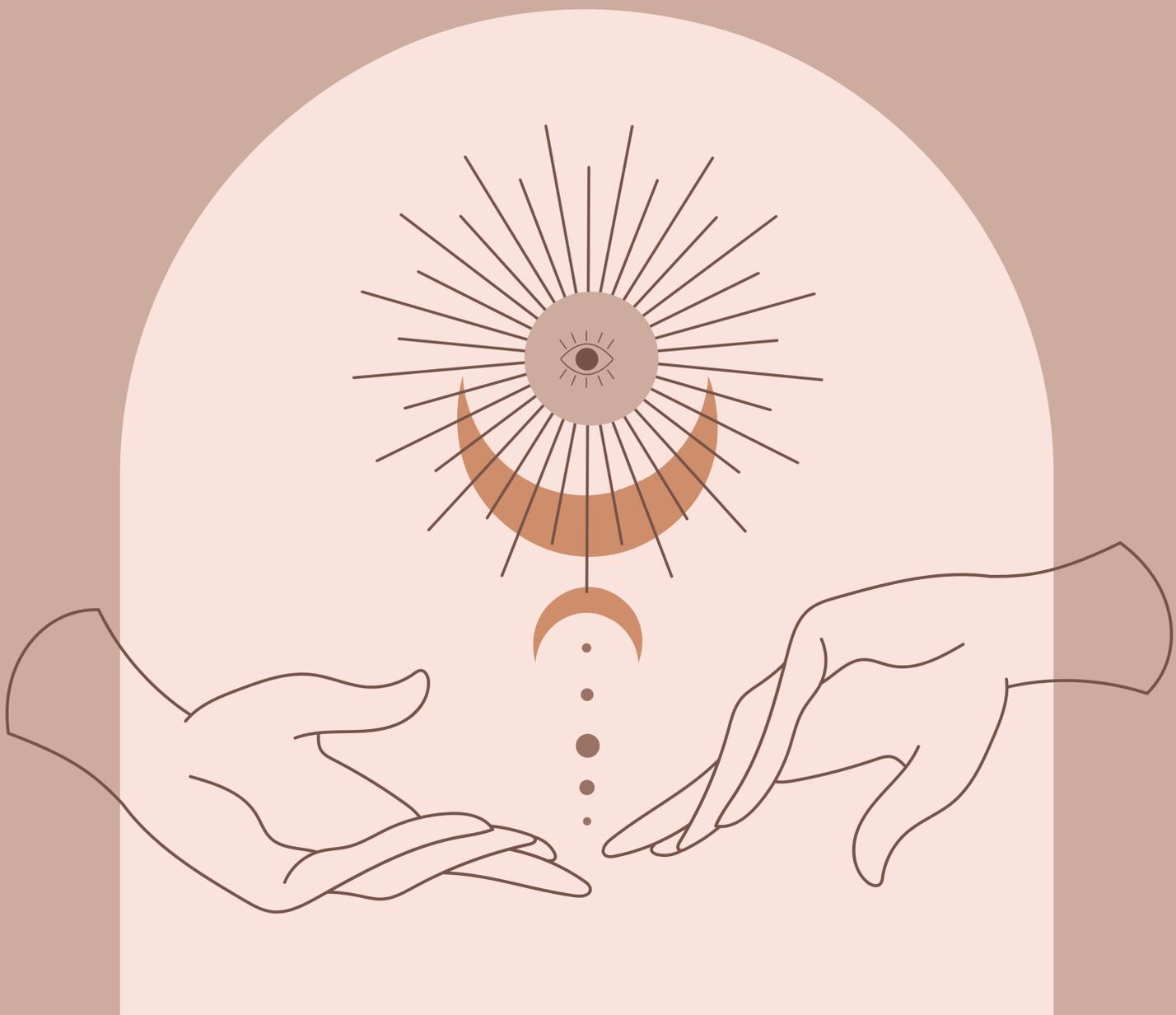


All you need to know about
MEDITATION

Created By: **Nida**
Syed

Chapter 1

UNDERSTANDING
MEDITATION



WHAT IS IT, REALLY?

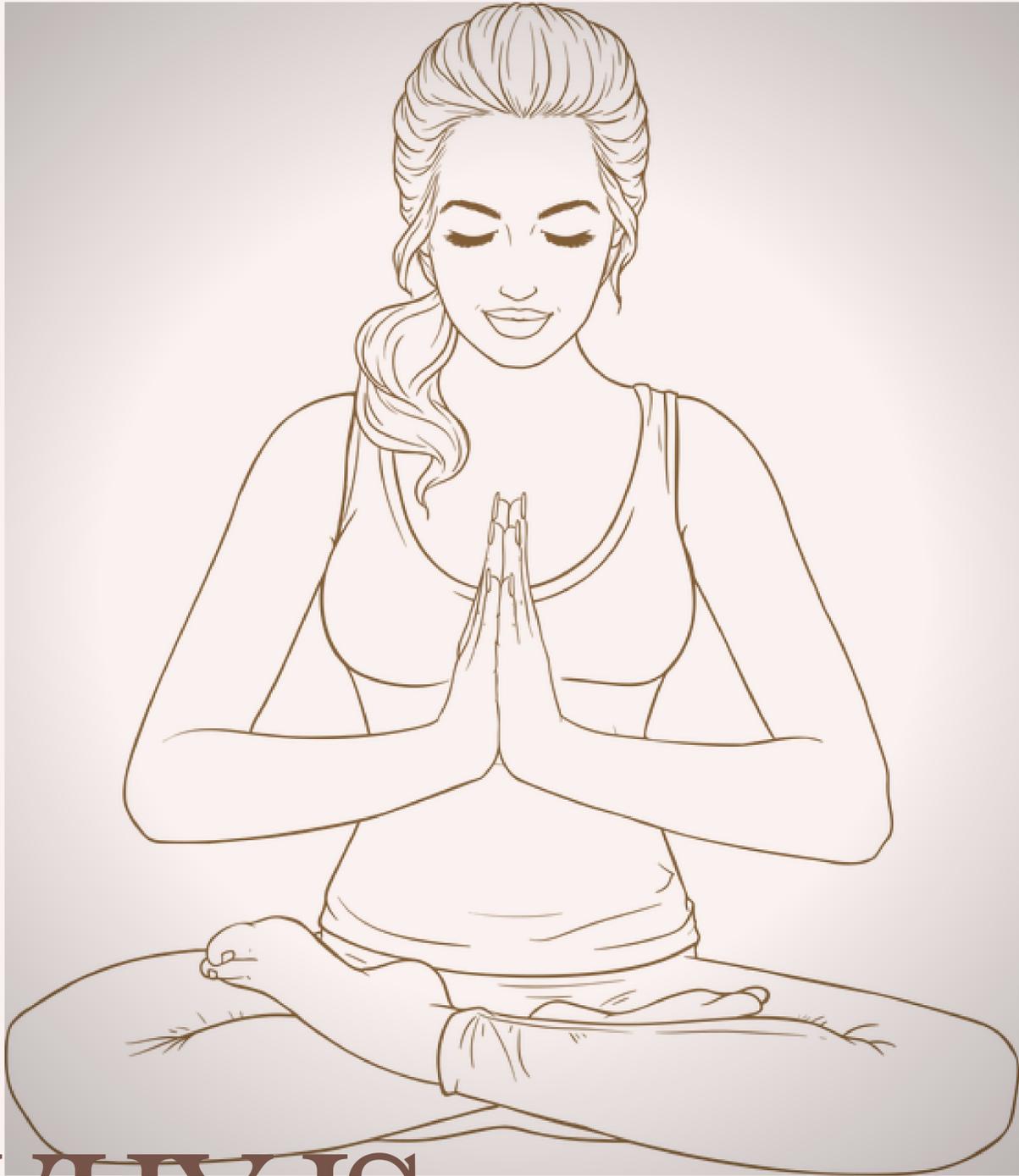
the Invisible Force

Imagine an extension cord with a number of sockets, all plugged in. The electrical currents keep flooding it with continuous energy, until... BOOM! It explodes. Our minds are put through the same kind of ordeal daily. All our thoughts, worries, stressors are constantly sending one electrical signal after another, overwhelming our neurons. No wonder we have nothing more to give at the end of our day!



Meditation is that invisible force that unplugs us from the mental rummage we unconsciously submit ourselves to every day and grounds us into a stable level of consciousness. More specifically, it is a wellness practice that allows us to take back control over our minds and refocus our thoughts in a direction that best serves us. Meditation can be both guided and unguided. In other words, it can be done with or without the help of a teacher who specializes in this and can take you through all the steps, ensuring you are doing it right. If you're a beginner, guided meditation might be most useful while you're still learning the ropes.

CHAPTER
02



WHY IS
MEDITATION
IMPORTANT

**The greatest
weapon against
stress is our
ability to choose
one thought over
another.**

WILLIAM JAMES



HEALTH BENEFITS OF Meditation

Multiple research studies sing the praises of meditation when it comes to reducing stress and anxiety, and restoring a sense of calm and inner peace. It also improves cognitive functions like memory, creativity, and logic, while reducing negative emotions. In a nutshell, meditation supports both our IQ and EQ. However, that's not all!

Taking care of yourself starts the moment you decide it. Cultivate self-care and you'll feel the benefits from it.

This versatile practice has been shown to have a positive impact on our physical health, as well. Meditation lowers cortisol levels (aka the stress hormone) and increases serotonin levels (one of the happiness hormones), when practised regularly (keyword right there!). It can also fight heart disease, high blood pressure, sleep problems, irritable bowel syndrome, and even help with more serious/terminal issues, such as cancer or chronic pain.

One less-known benefit of meditation is that it also helps increase productivity. According to Chris Bailey in "How to Train Your Mind," even though taking a few minutes to clear your mind may feel like a waste of time, this practice actually ends up saving you time. As a knowledge worker, using mostly your brain instead of your muscles throughout the day, your productivity decreases the more you use your thinking power. You can think of it as an exponentially depleting resource. By taking a break, you'll be able to work more effectively and, hence, accomplish more of your goals and tasks.

Chapter Three

Meditation & Breathing



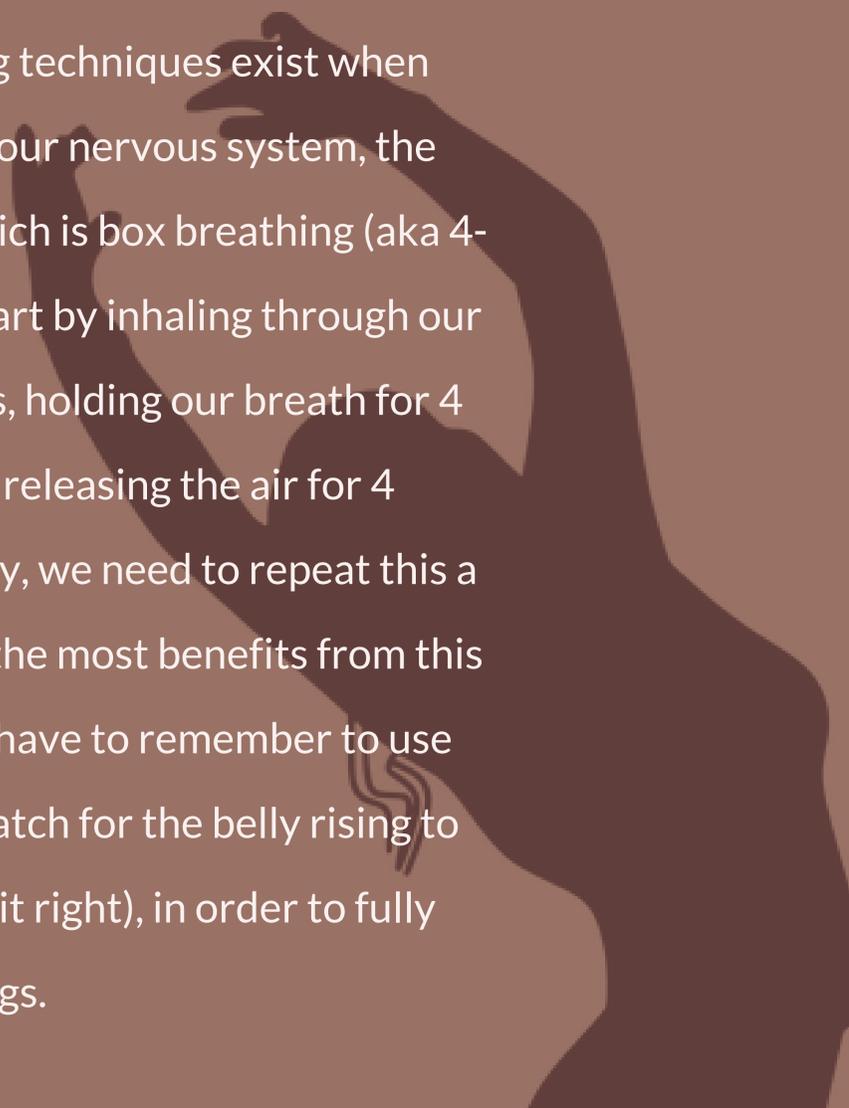
You may have heard of the expression “don’t hold your breath on that.” If you haven’t, it simply means that your desired outcome will likely not happen. But if you pay close attention to this simple idiom, you’ll realize how much truth you can find behind it.

Whenever we are faced with a challenging, worrisome situation, our breath is the first tell-tale sign that something is wrong.

However, this is not a one-way road; by learning how to control our breath (practising breathwork), we can relax our vagus nerve – the longest and most connected nerve in our bodies - and, consequently, change how we feel about any situation we’re in.

Multiple breathing techniques exist when trying to regulate our nervous system, the most simple of which is box breathing (aka 4-4-4). We would start by inhaling through our nose for 4 seconds, holding our breath for 4 seconds, and then releasing the air for 4 seconds. Obviously, we need to repeat this a few times to gain the most benefits from this exercise. We also have to remember to use our diaphragm (watch for the belly rising to know we’re doing it right), in order to fully oxygenate our lungs.

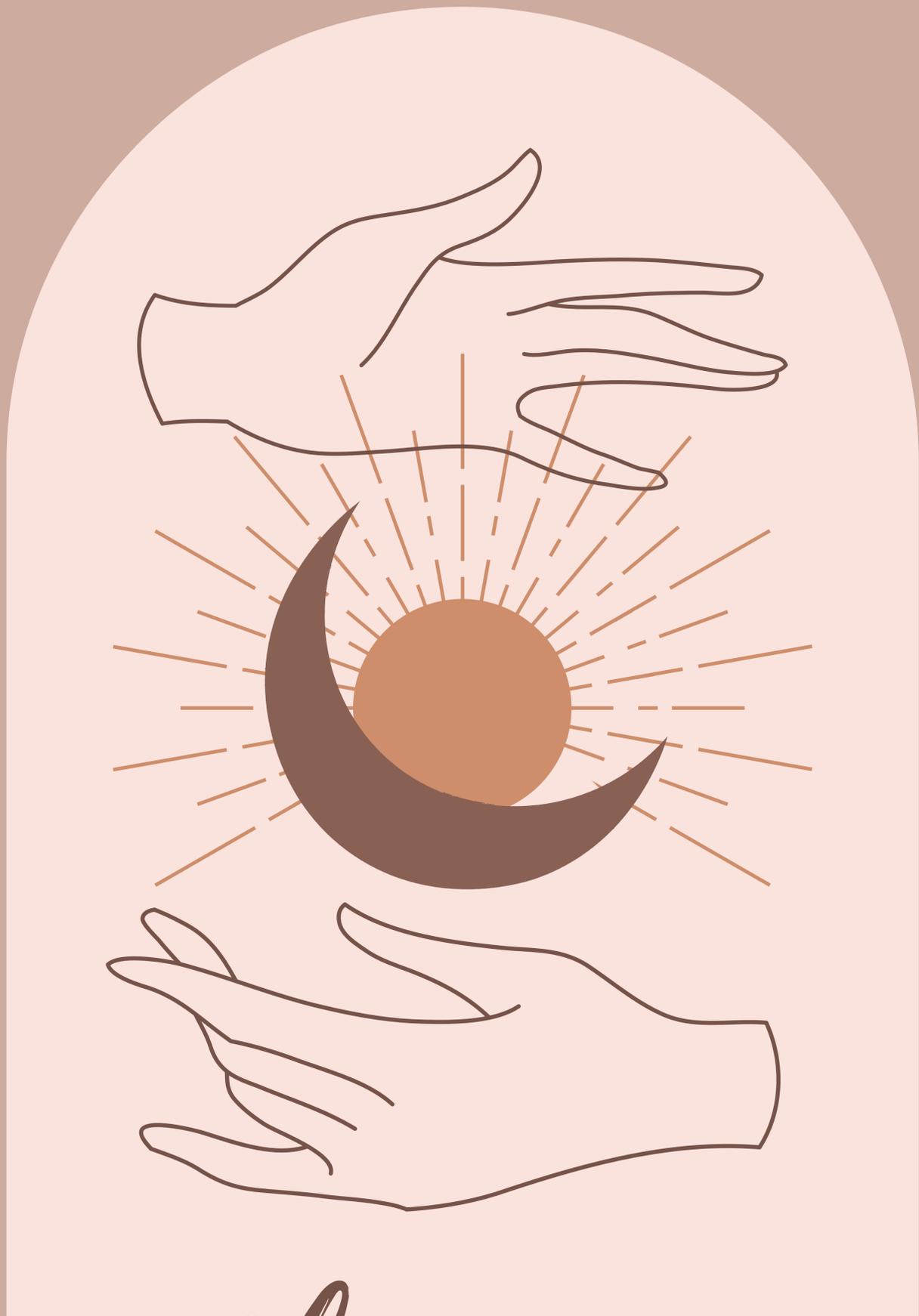
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Your mental
health is a priority.
Your peace of mind is
a critical part of that.
Your self-care is,
therefore, a necessity.





Chapter 4

TYPES OF MEDITATION

OVERVIEW

Dozens of meditation types exist, some more popular than others. To make it easier, I will split them into two categories, one based on their specific purpose and the other based on the method used.



01

PURPOSE

Different individuals try meditation for different purposes. For some, it may be to relax, while others may be more interested in gaining some insight into an issue. Will explore the most common purposes more on the next page.

02

METHOD

While similar at the core, various practices involve slightly different techniques, depending on the comfort level and spirituality of each person. Keep reading to find out more about some of these methods.

Purpose-Based Categories

01 CALMING

This is the simplest, most basic method, also known as Mindful Meditation, which focuses on quieting the noises inside our brains and taking us into a relaxing and reenergizing state.

02 INSIGHT

Insight meditation focuses on achieving a particular goal, whether that be developing more self-awareness, improving one's patience capacity, or reaching a new level of wisdom.

03 SPIRITUAL

This method is all about connecting to a higher force or entity, not necessarily or exclusively in a worshipping manner, and siphoning some of that strength and wisdom into oneself.

04 LOVING-KINDNESS

Also known as metta meditation, this technique is used to improve one's relationship with those around him/her, and/or contribute to their wellbeing.



Method-Based Categories

Some of the earlier mentioned purpose-based categories overlap with the following method-based ones. That is because a person can use multiple techniques to achieve his/her goals and, at the same time, accomplish multiple goals through any one technique. When it comes to mindfulness, the possibilities are truly endless, as long as we can commit to it.

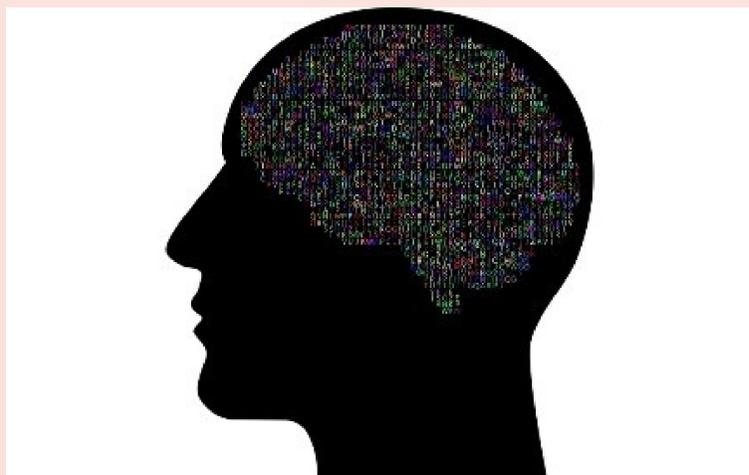


PRESENT-MOMENT

By focusing on the "here and now," this method helps us put to rest any thoughts about the past or the future and stop dwelling on issues that are not under our control

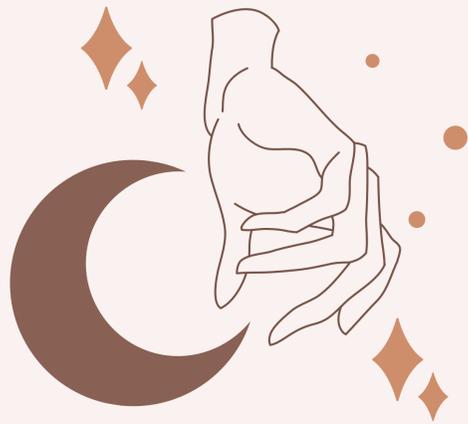
TRANSCENDENTAL

This method intersects with yogic teachings, allowing one to detach from worries and transcend into a higher mental state, where he/she can neutrally observe their current situation



VISUALISATION

Only practised as a guided form of meditation, this method involves listening to a teacher who creates an imaginary positive setting, combined with mantras and affirmations, meant to elevate one's current state



Time You
Enjoy
Wasting is
Not *Wasted*
Time

Chapter 5



MINDFULNESS

VS

MEDITATION

Often used interchangeably, these two terms are actually not the same. While they may be cousins, they are on two drastically different levels when it comes to their complexity.

THE TWO DIFFERENT LEVELS



Mindfulness

Mindfulness is a state of awareness, as opposed to alertness, where one learns to non-judgmentally observe and accept situations, circumstances and thoughts as they are. It is the most fundamental component of meditation – the simple (yet paradoxically challenging) act of paying attention and noticing one's inner and outer environment, without trying to change anything.

Meditation

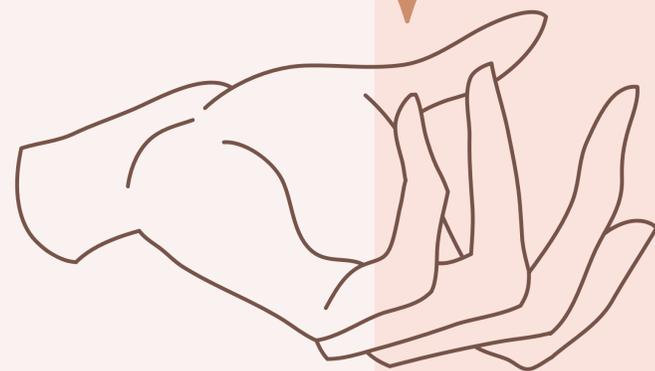
Meditation takes mindfulness a few steps further, engaging the mind in useful and transformative ways. Meditation is also a regular practice, done during a set time frame and, in general, focused on a larger end goal such as enhancing cognitive abilities and physical wellbeing. As noted earlier, it also encompasses multiple techniques, from simple to more elaborate ones.



Benefits of Meditation

VS

Mindfulness



Mindfulness

- improves mood
- increases positive emotions
- decreases burnout
- lessens emotional reactivity
- reduces systolic and diastolic blood pressure
- decreases stress
- increases concentration

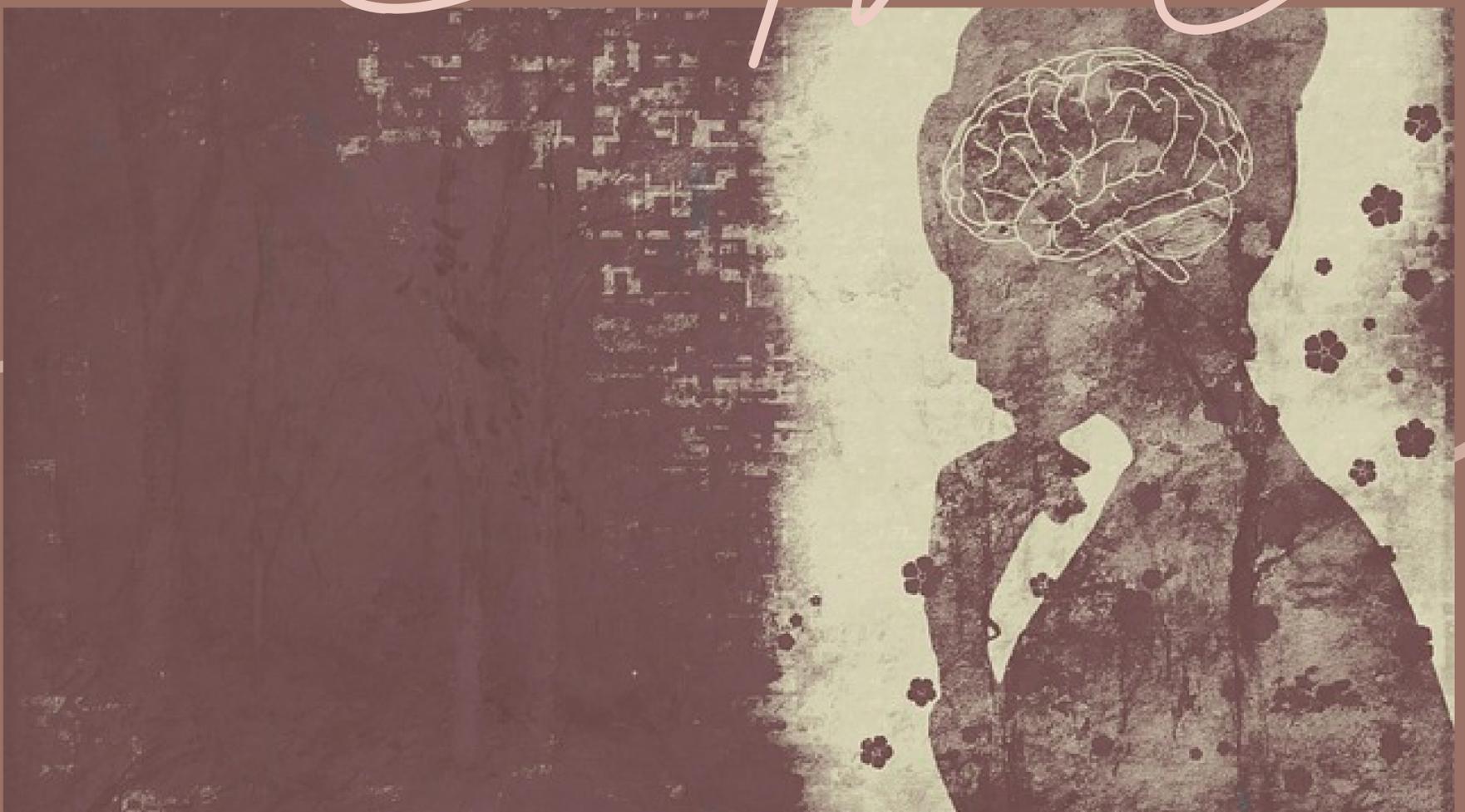
Meditation

- improves mood
- increases positive emotions
- decreases burnout
- reduces emotional reactivity
- reduces systolic and diastolic blood pressure
- decreases stress
- increases concentration
- reduces fatigue
- alleviates anxiety
- improves depression symptoms
- increases self-compassion
- improves body image

and many more

How to Practice Meditation

Chapter 6



PEMA CHODRON

Meditation is a process of lightening up, of trusting the basic goodness of what we have and who we are, and of realizing that any wisdom that exists, exists in what we already have. We can lead our life so as to become more awake to who we are and what we're doing rather than trying to improve or change or get rid of who we are or what we're doing. The key is to wake up, to become more alert, more inquisitive and curious about ourselves.





“The more you understand yourself, the more silence there is, the healthier you are.

- MAXIME LAGACE

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The most important step is simply to begin. Decide on whether you want guided or unguided meditation, and then find your best place for it. If you aren't sure which one will better suit you, try them both and then evaluate your experiences. For beginners, though, I recommend guided meditation as it ensures you understand it and properly practise it. Once you've made a decision, select the best avenue for it, whether that be an app or an in-person session, and then go for it!

Mindful Meditation Steps

01

Sit in a comfortable position

Find a spot away from distractions or noise, and take a seat. You can use a chair, sofa or even the floor, whatever is most comfortable for you.

02

Perform breathwork

03

Close your eyes

The first step in disconnecting from your external environment is closing your eyes. This helps you avoid distractions and stay focused.

04

Practice mindfulness

05

Prepare to open your eyes

After watching your thoughts come and go for a few minutes, you should feel more relaxed. At that point, you're ready to open your eyes.

06

Repeat daily

Deep breathing slows down your heart rate, allowing you to calm down and relax. It also increases the oxygen levels in your brain.

Allow your breath to go to its normal rhythm and just feel the air enter and leave your nose and lungs. Scan your body and observe all your sensations.

Don't forget, meditation should be a long-term, regular practice. Only then will you gain the most out of it.



Final WORDS

YOU MADE IT 'TIL THE END!

Hoping this was useful and that you learned something new. Remember, meditation is only one of the tools in my toolkit. My therapy practices are filled with a variety of techniques meant to help you overcome any situation you may face.

Who am I though?

Glad you asked! Keep reading to learn more about me.

Hello!



My name is

Nida Syed

I'm a transformational coach certified in a multi-angled approach to health and wellbeing, which includes NLP and hypnotherapy. I work with individuals of all ages and backgrounds and specialize in helping them overcome challenges like trauma, grief, anxiety, depression, phobias, and many more. Whatever issue you are handling at the moment, it likely isn't something I haven't successfully helped my clients with before. Take a look at my business pages below, and sign up for one of my FREE 15 mins, initial consultation, if any of my services could be of use to you. Excited to talk with you more!

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thank
you



Wishing you a peaceful, fruitful, and
impactful meditation practise, and a
long, well-lived life!

My warmest regards,

Nida 

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