

Meditation: A Tutorial

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Agenda

- Disclaimer
- Overview / Definition
- Benefits
- Myths
- How To
- Bottomline

Disclaimer

None of the claims of meditation benefits I make are guaranteed and the effects will vary from person to person.

A list of references on scientific studies may be found at:

[▶ Link](#)

Overview

Meditation is a technique that may be defined as being in a state of non-judgemental awareness of the present moment.

Meditation is a technique that when learnt becomes a skill to train ones mind.

Many types of meditations, we will focus on breath meditation.

Benefits – Physical

Immune function

Pain

Hypertension

Brain structure

Inflammation

Benefits – Psychological

Cognition

Memory

Creativity

Stress

Anxiety

Depression

Benefits – Social

Empathy

Introspection

Compassion

Emotion regulation

Benefits – Productivity

Improved focus

Attention to details

Ability to multi-task

Myths

Religious practice / ritual

One has to sit still for hours to have any benefits

Breathing exercise

How to Meditate – Overview

Two parts:

Technique

Practice

How to Meditate – Technique

Sit comfortably with a straight back, eyes closed

Observe with attention the breathing **sensation** at nostrils

Mind will eventually wander – notice when it does

Gently bring attention back to breathing sensation

How to Meditate – Remarks

Mind Wandering is normal

Attention will improve with practice

Start with 10 minute session, increase gradually

How to Meditate – Practice

A daily practice

Comfortable location

At same time preferably

Cumulative benefits!

Bottomline (My personal take)

Similar to swimming, one has to experience meditation to realize its nature and benefits

Thank You! Questions?

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