

MEDITATION

Meditation is an intentional practice of cultivating moment to moment awareness with a nonjudgmental attitude. The goal of meditation is to learn to be present with your physical, emotional, and mental states. Through this practice, we begin to understand how our thoughts may be contributing to rumination of problems and our distress. Often times our minds are spent thinking about future events and planning, or we are thinking about events that already happened in the past. Meditation practice builds the ability to live more in the present moment we are actually experiencing. Through meditation, we learn how to respond mindfully rather than react in situations, helping us to live a healthier and fulfilling life.

Possible meditations

- Sitting meditation
- Walking meditation
- Eating meditation
- Body Scan
- Hatha Yoga

Example Breath Meditation

Sit or lie down in an alert yet comfortable position, choosing a quiet spot where you are free from distractions. Close eyes if you are comfortable, relaxing your muscles into the position. Allowing yourself to notice your breath, observing where you feel your breath in your body. Focusing on the one breath that is moving in, and the one breath that is moving out. Following the natural rhythm of your breath, no need to change or alter it in any way. When other sensations arise, or thoughts begin to take hold, notice where your mind is, then gently and kindly bring your awareness back to your breath. Practice this until your designated time is up. Continuing to do this for 5-10 minutes every day of the week.

For more information please contact a counselor or visit our website:

(208) 282-2130

<http://www2.isu.edu/ctc/biofeedback.shtml>