Meditations for Daily Life

RENEW
Therapeutic Enhancement Services

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Today's Goals

- Make the connection between the mind and body
- Recognize the benefits of meditation
- Learn how to activate the body's relaxation response
- Practice specific meditation techniques

The Stress Response

Brain perceives a threatening situation

Pituitary sends message to adrenal glands

Adrenal glands secrete hormones

Hormones cause “fight, flight or freeze” response

Body becomes a stress environment, mind can’t relax

What Science Says About the Effectiveness of Meditation

"There's evidence that it can reduce blood pressure as well as symptoms of irritable bowel syndrome and flare-ups in people who have had ulcerative colitis. It may ease symptoms of anxiety, depression and insomnia."

National Center for Complementary and Integrative Medicine; https://www.nccih.nih.gov/health/meditation-in-depth

Science and Meditation

The Harvard Gazette, Health and Science, "When Science Meets Mindfulness." Powell, Alvin 2018

The number of randomized controlled trials — the gold standard for clinical study — involving mindfulness

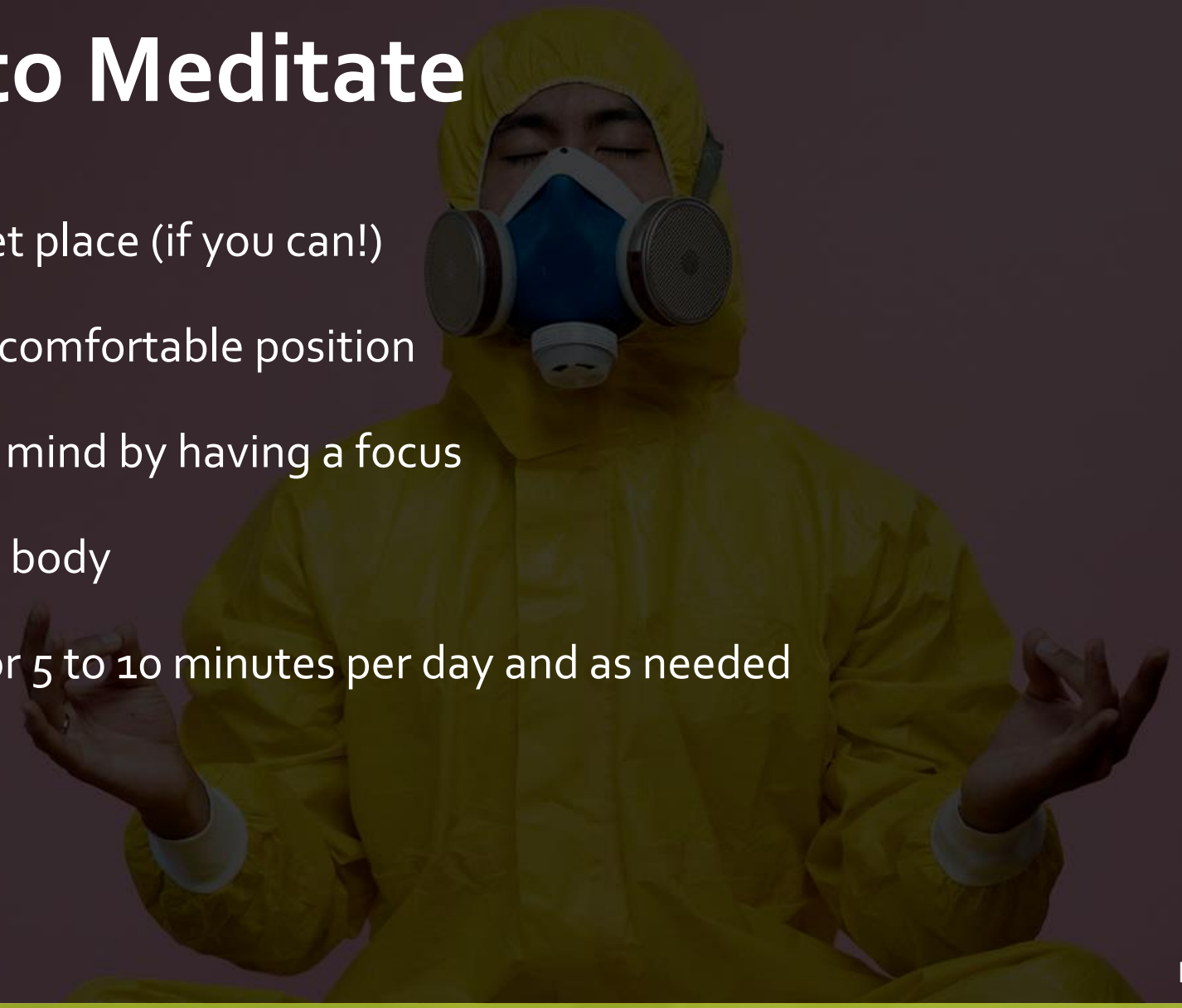
1995–1997: 1 study

2004–2006: 11 studies

2013–2015: 216 studies

Depression, chronic pain, and anxiety …well-designed, well-run studies have shown benefits for patients engaging in a mindfulness meditation program

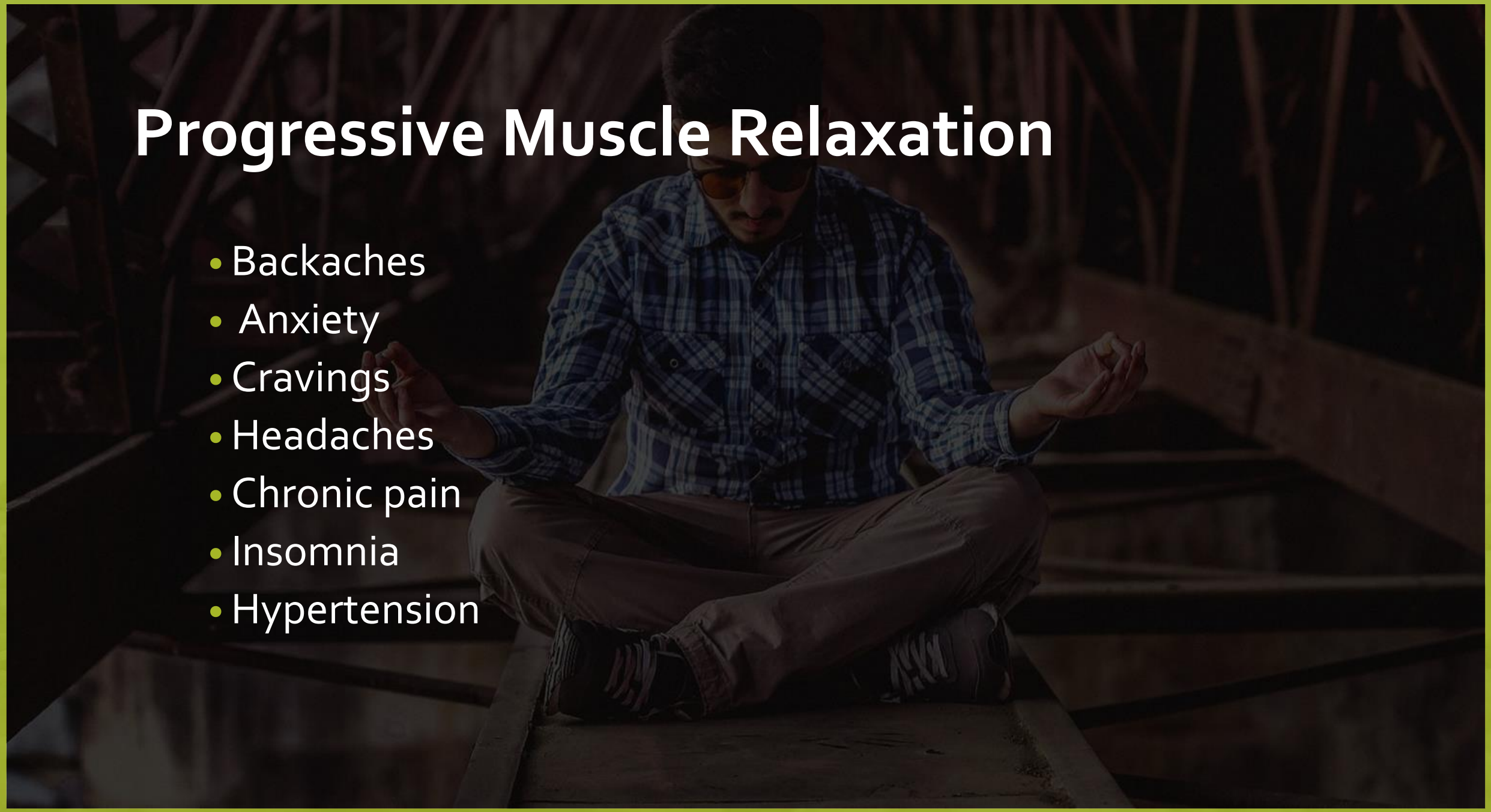
How to Meditate



- Find a quiet place (if you can!)
- Get into a comfortable position
- Clear your mind by having a focus
- Relax your body
- Practice for 5 to 10 minutes per day and as needed

Photo by **cottonbro** from **Pexels**

Progressive Muscle Relaxation



- Backaches
- Anxiety
- Cravings
- Headaches
- Chronic pain
- Insomnia
- Hypertension

Metta or "Loving Kindness"

- Resentment
- Fear
- Isolation
- Shame
- Anger
- Depression
- Develop Compassion

Photo by Helena Lopes from Pexels

"Music has charms to soothe a savage breast;
To soften rocks or bend a knotted oak."
William Congreve (1670-1729)
The Mourning Bride

GREAT RESOURCES

YouTube

Free guided meditations

Jon Kabat-Zinn

Leader on mindfulness-based meditation and overcoming pain, author "Full Catastrophe Living"

Desert Dharma

Mondays at 6 pm at the Lohan School of Shaolin,
3850 Schiff Dr, Las Vegas, NV 89103
Exploring the intersection of Buddhism and 12-step recovery

Stillpoint Center for Spiritual Development

8072 W Sahara Ave, Suite D, Las Vegas, NV 89117,
702-243-4040, http://stillpointcsd.org/