



STRATFORD SCHOOL OF
MEDITATION

The Meditative State

Most of us have a basic understanding of what meditation is,
and why kids would benefit from it.

When asked, most students say that meditation feels good, that
it helps kids to feel calmer.

But did you know that there is an actual process that happens when we meditate?

As we begin this course, it's important that you grasp an understanding of this, as it will deepen your understanding of what actually happens when we meditate.

Introducing the Meditative State

The Meditative state is the lovely state that we want to get our children in, because a) it feels immediately wonderful and b) it leads to some amazing health and wellbeing benefits.

So how do we get kids (or anyone for that matter!) into the meditative state?

Well, there is a **3 step meditation process** that you will learn as part of this training, that systematically helps our 'listener' go into the meditative state.

This process slides the brainwave state gently down from Alpha (our normal waking state), to Theta, which is the brainwave state that we are in during meditation.

Once our brain waves are in Theta, it slows down our entire system.

Our heart rate, our pulse, everything slows down, cortisol levels (the stress hormone) reduce, and the body enters the state in which it can balance and heal itself.

Keep at the forefront of your mind - every time that you engage with a group of children to enjoy a meditation, even if just a 10 minute session, you want to follow the 3 step

process (that we cover next week) in order to get them into Theta.

Brainwaves

- Delta waves (. 5 to 3 Hz) ...
- Theta waves (3 to 8 Hz) Theta brain waves occur most often in sleep but are also dominant in deep meditation. ...
 - Alpha waves (8 to 12 Hz) ...
 - Beta waves (12 to 38 Hz) ...
 - Gamma waves (38 to 42 Hz)