



QUIET YOUR MIND

# *Meditate*

Your Guide to meditation!

Free download...



# MEDITATION FOR BEGINNERS

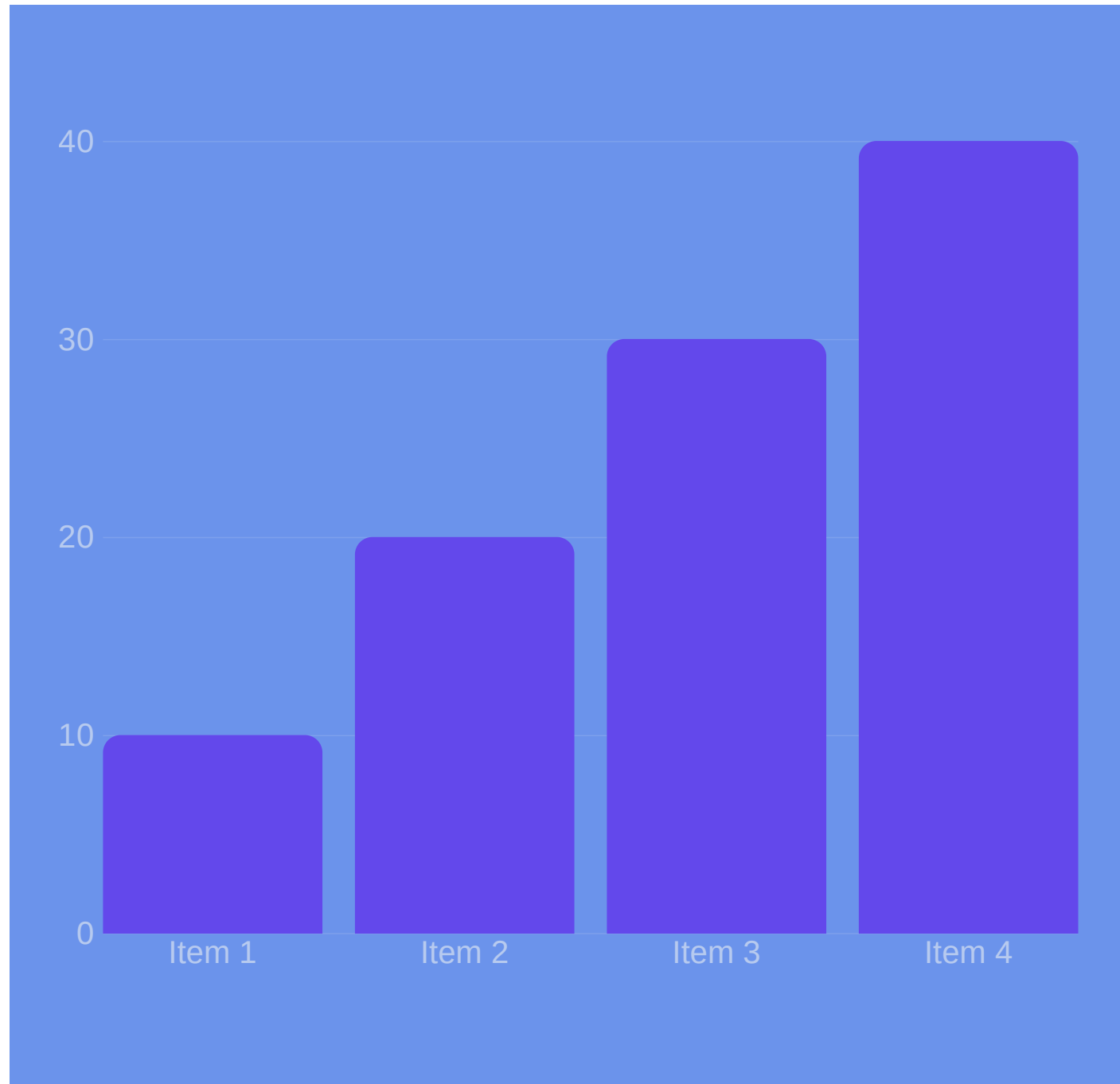
## What is meditation?

Meditation is about evolving into a new mindset and possibly a better person. It is a good source of training your mind in awareness and creating a healthy sense of perspective. In meditation the goal is not to turn off your feelings, but to instead observe them without judgement. Which may eventually lead you to a better understanding of your feelings and experiences.

Renaissance Dream



# WHY MEDITATE?



## RELAXATION AND STRESS RELIEF

Reduces Stress, provides a sense of calm and peace.

## HEIGHTENED AWARENESS

Enhances Self -awareness, helps improve concentration.

## HEALTH BENEFITS

Reduces Anxiety, improves your immune system.

## MEDITATION CAN HELP KIDS

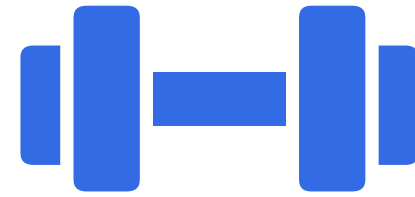
Reduces stress & Anxiety

Improves Focus

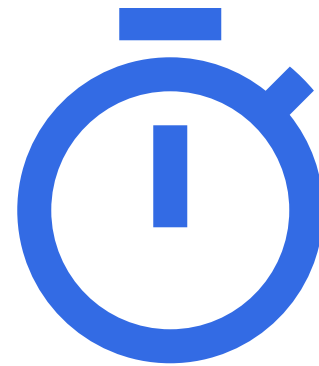
Un-plug

# MEDICAL BENEFITS

BASED ON  
SCIENTIFIC RESEARCH



**Reduction of Pain**



**Control of Blood Pressure**



**Management of Depression**



# Meditation Proper



CLOSE YOUR EYES



FOCUS ON YOUR BREATH



BE AWARE OF YOUR BODY

## MINDFULNESS 101

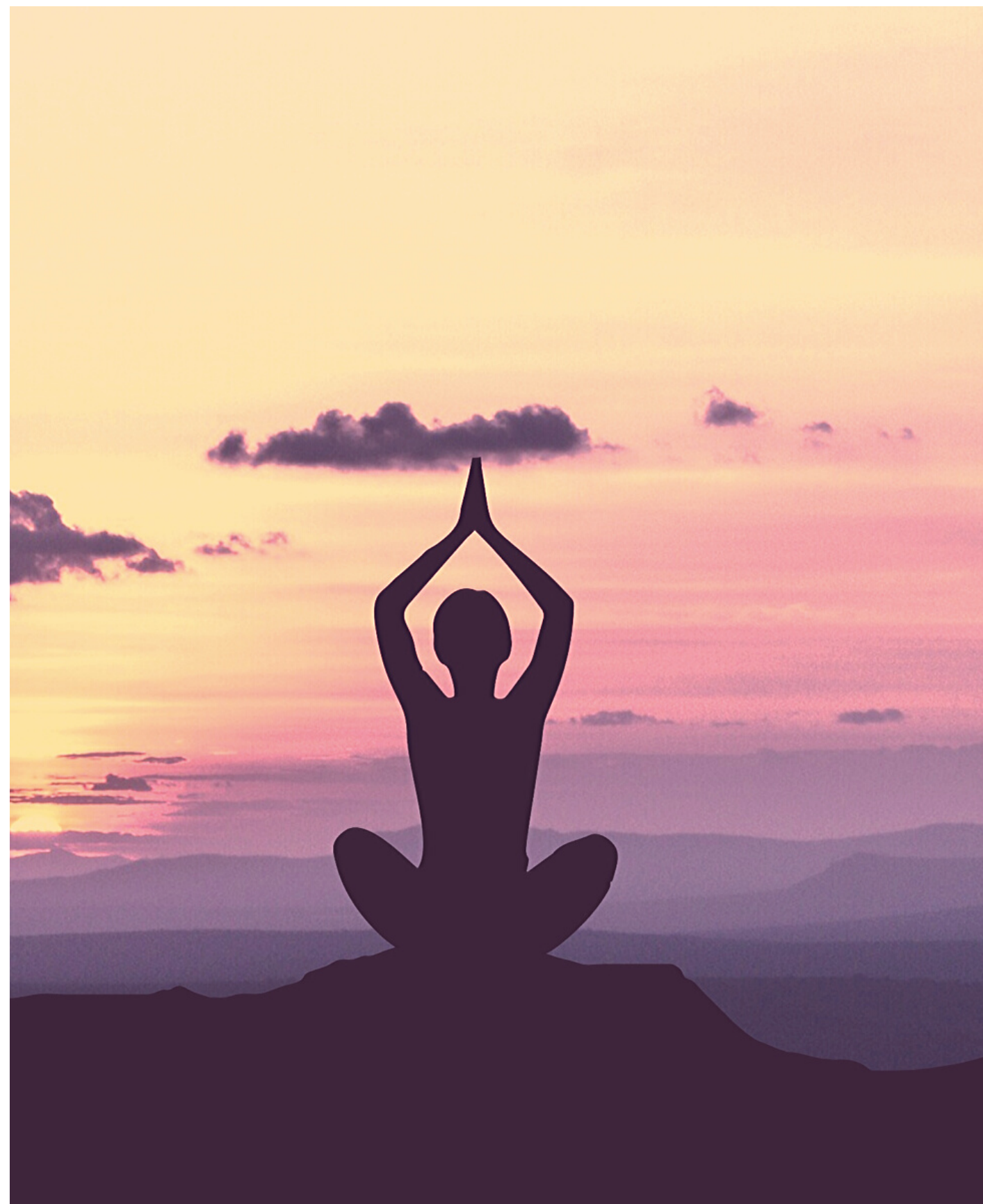
# WHAT IS MINDFULNESS?

Being Conscious or Aware of something

Mindfulness is the ability to focus your awareness on the present moment, while calmly acknowledging and accepting your feelings, thoughts and body sensations.







# CONSIDER MEDITATION TO BE A SKILL

Think of it like doing a dance move you have never done before. It will take practice to learn the dance and consistency to get comfortable doing it. Same with meditation.





**RELAX**

**Don't stress out. Breathe.**